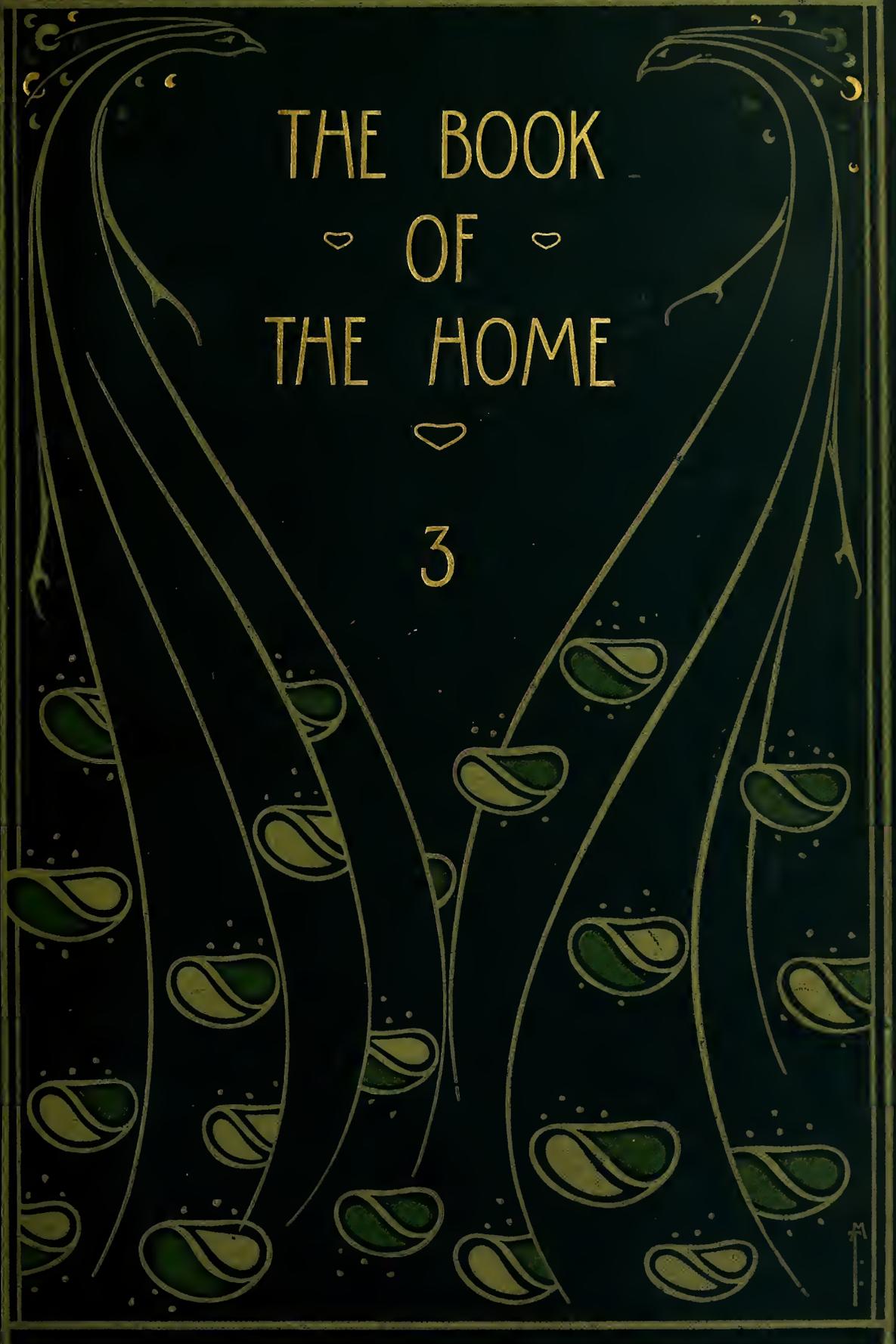


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The Book of the Home

A Practical Guide to
Household Management

Produced under the General Editorship of

H. C. DAVIDSON

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THE ENGAGEMENT OF SERVANTS.

Domestic or household service is both ancient and honourable. At an early period of English history many, if not most, high-born ladies at some time or other, for health, education, convenience, or protection, took refuge in convents; but when they were not under Church protection, it was found convenient to give them profitable occupation, and social chances as well, by settling them as attendants upon prosperous relations or well-to-do people. Indeed, members of almost every rank found their vocation in domestic service; they were treated as social equals, but they had to do the household work. The boys, when not wanted for war or the Church, went out as pages; the girls, when not suited at home or devoted to religious life, went out to service. "Service" was then, indeed, a comfortable and honourable word. The lover did his mistress "service"; the soldier and the courtier gave liege service to his Prince; the priest served Holy Mother Church. The old flavour of the word has survived in such technical phrases as "Cavaliere Servante", "the United Services", the Prince of Wales' motto "Ich Dien", "I serve", "the Church Service", "the service of the Highest", and "whose service is perfect freedom". Service was certainly honourable amongst all men in those days.

The advantages, too, of keeping the money in the family, of getting girls out in the world under good protection, and of giving them variety, amusement, and occupation, were obvious. Four hundred, even two hundred years ago we see the thing in full swing in the "Paston Letters" and "Pepys' Diary". The Paston girls, it is true, were troublesome and difficult to marry, and were often recalled and replaced. Pepys' sister, who waited on Mrs. Pepys, was also troublesome, but her status was well defined—there was nothing undignified about it. The causes which led to the practical suppression of domestic service as a sphere for well-born women, princesses and noble youths not disdaining the vocation, have never been clearly traced. Of course "the girl" who did very common, rough work, or the charwoman proper, has always existed, just as the farm "hand" has always existed; but real ladies served at table—as they do now in the Colonies—made the beds, swept carpets, cleaned up, cooked, spun, made all the clothes, and were in personal attendance like the housemaids, parlourmaids, and cooks of to-day. Just as before the days of standing armies every man was or might be a soldier, so, before the days of the distinct servant class, everyone was or might be a domestic servant. The public depreciation of service is growing apace, born of unhealthy aspira-

tions and a feverish desire to ape the manners of the class just above, or to use money as a means of neglecting duties better and more honourably done than delegated. The farmer's daughters won't any longer go to market, or milk, or cook; the grocer's son objects to serve behind the counter; the squire's son won't be his father's steward. People would rather pay others and be poor than work themselves.

The popularity of black servants last century, and the Anglo-Indian's estimation of what was called "nigger service", may have had something to do with bringing domestic service of all kinds into contempt; but the number of ladies who are now willing to do domestic servants' work, under cover of being sisters of mercy and professional sick-nurses, is a sign of a healthy reaction, though the attempt to revive the wholesome and simple ways of the Pepys and the Paston times, in the shape of lady helps, has not so far been a success. In America it is notorious that no free citizen, however much jockeyed by his government and the police, would willingly undertake what he calls menial service. Bygone American slavery is undoubtedly responsible for this; but so great is the demand now for decent servants across the water, that Americans on their travels often engage English, Swiss, and French girls to take back with them to the States. Already there are signs of a healthier tone about service "over there".

The increasing difficulty of getting good servants in England has led to an importation of Swiss, German, and Belgian maids, who give themselves no airs, and work hard; but the experiment is not always successful. It is also doubtful whether we should gain much by adopting the Continental hire system. Abroad it is *de rigueur* for a servant to produce her police book, which professes to give the employer a bird's-eye view of her past history. Each cycle of service or change is drawn up and signed by the police from information supposed to have been derived from the employer, but the system is so liable to abuse and falsification of character that it is far less trustworthy than our own rough-and-ready method of personal inquiry. The police habitually refuse to endorse anything very unfavourable, on the ground that it deprives the servant of the "means of living", a form of charity which also deprives the employer of the means of knowing the sort of person who seeks entrance into his house.

METHODS OF OBTAINING SERVANTS.

In England there are five chief ways of engaging servants: (1) On the recommendation of friends, (2) from country sources, (3) from registry offices, (4) from charitable institutions, and (5) by advertising in the newspapers.

Friends' Recommendation.—When servants are obtained from friends with whom they either are or have been in service, care must be taken to ascertain the true grounds of notice or dismissal; and any reasonable

suspicion that the servant is being or has been parted with on grounds not disclosed must, of course, be allowed due weight.

Country Sources.—In the case of those applying for situations from the country, the clergyman of the parish or a district visitor may be consulted with some advantage, as it is thus more easy to ascertain their antecedents.

Registry Offices.—With regard to registry offices it must not be forgotten that they depend for their existence principally upon their popularity with servants, whose interests are therefore necessarily considered first. Under such circumstances, great care should be taken in sifting references. The registry office is not an employer but a distributor of labour, and it lives by what it distributes. Servants, knowing this, are apt to presume upon the fact that a mistress's subsequent strictures will carry small weight with the offices interested in recommending them. Nevertheless, many are disinclined to use these establishments. Good, steady, old-fashioned servants can place themselves, and keep in place, without such aid.

It is said that servants have been bribed, flattered, and threatened out of perfectly suitable situations because another fee was wanted. Of course, certain respectable offices have sought to close the various avenues to fraud, and while doing so have defined more clearly the limits and rights of employers, and employés; but the system is not in itself a good one, and much remains to be done before the registry office can be relied on to supply really good servants, and in any case prepayment of fees is a mistake.

Charitable Institutions.—A word may here be said with regard to those various institutions of a charitable nature which undertake to plant out girls, such as workhouses, charity schools, Dr. Barnardo's Homes, and the like. The workhouse product should be taken with great caution, as early surroundings and hereditary tendencies are likely to affect both the physical and moral integrity of the candidate for service. The Marylebone charity schools and institutions of that class turn out very respectable, but seldom very alert or clever, servants; their experience of life has been very limited, and the cultivation of their faculties groovy. But some employers, who are willing to spend time and trouble in training their own servants, might consider these limitations rather an advantage. Dr. Barnardo sends out excellent cooks, laundresses, and general maids, and the inmates of his homes, as a rule, bear an excellent character for honesty and industry, though they are sometimes a little rough at first.

In dealing with such institutions, it may save trouble to obtain and study the conditions under which their inmates are to be hired, as the restrictions may be such as the employer may be unwilling or unable to submit to.

Advertisements in the Newspapers.—In advertising for servants employers should be careful to assure themselves that the journal selected reaches the class for which the advertisement is intended. To guard against the well-known and apparently increasing practice on the part of persons

not trained in domestic service at all, but merely impostors, of applying for situations simply as a means of extortion, the exact requirements should be mentioned, and also the fact that, in case of non-engagement, no fares will be paid. "No beer" is also an advisable addition. There are, in fact, obvious advantages in "no extras" of any kind; everything should be included in the fixed salary agreed upon. A statement to this effect in the advertisement will be found to save much trouble.

Many ladies find it useless to answer servants' advertisements, and much time and money are wasted by eager employers coming up from the country in hot haste for the purpose of interviewing the advertisers. The advertisement is usually very brief; nothing can really be gathered from it. In nine cases out of ten it is inserted by a registry office, for very few servants care to spend their money in this way. Announcements in which a supposed lady of title recommends her maid, or a gentleman or nobleman his coachman or butler, should also be treated with great caution. They may be, but are frequently not, genuine. The semi-confidential terms on which experienced and clever servants often get with their employers, the family secrets they come to know of, the desirableness of parting without offence when strained relations might involve unpleasant revelations, too frequently deprive these advertisements of a *bonâ fide* character. Of course, some are perfectly honest; no rule can be laid down; but employers who engage servants so recommended may as well do it with their eyes open.

SERVANTS' CHARACTERS.

Interviews with Servants.—A personal interview, to be satisfactory, requires that both parties should have their wits about them. The employer should be vigilant rather than suspicious, and sympathetic rather than exacting. An impartial but kindly and attentive attitude will best disarm duplicity and favour mutual confidence.

Observe the way the candidate enters, if shy and nervous or sly and evasive, if boisterous and disrespectful (though too much importance should not be attached to a little brusqueness), if shifty and hesitating, though here also the possibility that bashfulness or excitement may be the cause should be taken into consideration. If an applicant demands a piano, a bicycle, or a sofa, or the cast-off wearing apparel, have nothing to do with her; some of these things might be given, but must not be claimed, and one exaction leads to another. "Bounce" of demeanour will not augur well for the adjustment of personal relations; but a certain freshness, decision, and natural independence often found in girls from the country does not always mean impudence or a tendency to insubordination. In a cook one does not as a rule look for the same nattiness of dress and style as in a lady's-maid or a parlourmaid, but a downright sloven proclaims herself in many ways, and is to be avoided, particularly in the kitchen, for both

sanitary and æsthetic reasons. Loose hair-pins, tawdry, untidy hats, ragged fringes, cuffs pinned instead of buttoned, and peculiarly untidy boots, bad gloves, and soiled ribbons, all proclaim undesirable mental peculiarities and habits.

The first inquiries should be about health, so as to make sure that the servant is physically capable. The round of duties and the hours of work and rest must be to some extent explained. One need not be surprised if, however pale and sickly-looking, the applicant declares that she has never known a day's illness, and that although she has been out of place for a year, it was to nurse a sick mother or for some other specious reason. That a young woman who has to support herself has been out of place not infrequently points to a less reputable cause, but each case must, of course, stand on its own merits.

Observe whether the applicant holds herself easily and upright, whether she stands on one leg, or first on one then on the other; this attitude usually points to internal unsoundness which will militate against normal and cheerful activity. If possible find out whether she has been troubled with housemaid's knee, a mysterious complaint likely to recur, and generally a great hindrance to the thorough sweeping of floors and cleaning of hearth-stones.

So much is involved in engaging a servant—not only the general comfort of the establishment, of which each servant is a pillar, but the actual safety of every object in it—that far more care ought to be exercised than commonly is to ensure the servant's "settling", and the small but important points concerning which inquiry is suggested, together with absolute good faith between the parties, support the whole structure of domestic service.

When a girl "goes out", it is either because her parents cannot afford to keep her and therefore she must keep herself, or else because she is of an unsettled character and likes change and variety, which are more easily obtained by her "in service" than at home, where affection itself becomes monotonous and adverse to natural development. It is a mistake, therefore, to regard the servant class as making any peculiar sacrifice, or to pet and worship and squabble with them by turns. There is a mutual give and take; a very handsome recompense—food, lodging, personal security, and money too—is offered for certain duties which are an equivalent, and this equivalent must be supplied by the servant, not as a favour but as an obligation. When the duties and responsibilities have been agreed on, the parties must defend their own rights and insist on obtaining what is due. In this there is no tyranny. Domestic service is a business like any other, honourable, comfortable, and exceedingly useful, but unpopular through the inability of mistresses to "keep house" methodically, and of servants to submit to reasonable control.

Interviews between Employers.—The character of the employer will often indicate that of the servant. It is advisable to select servants who have been employed by somebody in one's own rank of life. It is not

difficult to gather from the demeanour of the mistress whether she is careful to give fair and explicit information, especially as to honesty, sobriety, cleanliness, and general diligence and efficiency. As a rule it is unwise for gentlefolk to engage servants from keepers of lodging-houses or hotels, or from small trades-people; each branch of domestic service has its own standards and its own finish or absence of finish. Be careful to ascertain if possible exactly why the servant has left her previous place, and notice especially evasive answers or points omitted; it is a common way out of a difficulty to dwell profusely on the many good qualities of a servant, and under cover of the general eulogium the really important defects get overlooked or escape mention. These defects may or may not be such as a mistress feels able to put up with, but that is a point which each must decide for herself. Anything appertaining to extravagance or parsimony should be marked. A servant unaccustomed to economy will not easily settle in what is called a "plain place", but, of course, some of the very best servants have no idea of economy, and these must seek for employers who live on a more liberal scale. It frequently happens that ladies of wealth and rank have so little intercourse with any of their own servants, except their lady's-maids, that it is next to useless to take characters directly from them; the housekeeper is then the person to apply to, but a "housekeeper's character", although better than nothing, is open to certain objections, for she will be anxious to get rid of an inconvenient or inefficient servant, and cautious how she lays herself open to subsequent annoyance or unscrupulous innuendo.

Written Characters.—Written characters should invariably be accepted with caution, fraudulent practice in this line, as in the writing of begging letters, having been developed to a fine art. "The gentleman gone abroad", "The lady at present too ill to be approached", "The family out of town and not traceable", or some untoward accident which prevents access to principals, are all plausible but not always trustworthy excuses. It is customary to hand on a written character within a month, but on no pretext should this concession be stretched. With all due respect to masters, written or verbal characters from them are not to be sought if the mistress is at all accessible. About the women's work they can know little or nothing, and even about men-servants the opinion of a shrewd woman is not to be disregarded, so that if a footman's or coachman's character is taken from the master, the lady's may still be obtained with advantage. The lady's realm is the home, and the details of the home life are properly within her knowledge and sphere of influence. "Man goeth forth to his labour till the even"; and his word may be taken about his clerks and office or factory employés, but on reaching his own door-step he in a sense abdicates.

Giving a Character.—Characters are too lightly given. They determine whether the children, property, interests, and perhaps family secrets, are to be handed over in half an hour to a complete stranger. When giving a character, therefore, a mistress should put herself honestly in

the place of the person applying for it. To conceal grave faults is at best a criminal kindness which not only injures another and betrays the confidence reposed in her, but is certain to react upon herself and her own reputation. The vexed question as to how far disadvantageous points not directly asked about ought to be revealed, is similar to the question how far there is obligation upon the seller to tell the whole truth to a purchaser. *Caveat emptor* ("Let the buyer look to his own interests") may cover a multitude of sins; but the line between depreciating an article and parting with it on false pretences must in each case be drawn somewhere, and will be drawn differently by different consciences. "Nothing extenuate, nor set down aught in malice" is the golden rule; and if, in attempting to adhere to this, one should err somewhat on the side of kindness, that will not be a great affront to justice, since everyone is entitled to the benefit of a doubt.

Old Servants.—It is impossible to go on giving characters of any appreciable value when the applicant has practically been lost sight of for some time. There are many grounds on which an old servant may leave without reflecting either on herself or her employer. But in most cases a certain indisposition to settle, and a tendency to refer back if dissatisfied with new quarters, will often place the previous employer in an embarrassing position. To give a second formal character in such cases is very inexpedient, and, of course, such a character cannot be claimed. At the same time personal feelings, perhaps obligations, may make it quite justifiable and natural not to refuse to express an opinion favourable to an old and—as far as one's knowledge extends—faithful servant; but in such a case it should be expressly stated that a second formal character will not be given, and that no responsibility whatever is incurred. The too common practice of giving second characters to save trouble injures both sides; it demoralizes servants, embarrasses those who engage them, and impairs the sense of responsibility in those who have to answer for them. A character has not only to be won, but also to be kept. A person, by producing evidence that he was solvent a year previously, cannot prove that he is not now in debt. And these *post obit* characters are no better than cheques with "No assets" written across them.

Lady Helps.—Lady helps have been described as persons who are not ladies and who are not helps. As this definition indicates, the movement which aimed at reviving the position occupied by well-born girls some two hundred or more years ago has practically been a failure. More successful, however, than most have been those lady helps who act as companions to invalids, male and female, and are willing to combine reading aloud, secretarial offices, or nursery governessing, with some humbler occupations, such as nursing and dusting. There is, too, one class of lady help that seems to be favoured by the special needs of the age, and with the raised and rising level of general prosperity is likely to be more and more in request. This is the lady housekeeper. She may be a relative or any other person of ability and trust, incapable of governessing and indisposed to train

for any formal profession or trade. In engaging such a person, it is well to set down in writing the system under which money is to be dispensed and accounted for. Unimpeachable character and correct arithmetic are the two most necessary qualifications. A general understanding must, of course, be come to—whether or when she is to sit at table, and a certain flexibility must be allowed on the question when she is to mix or not to mix with the company. The position of a lady housekeeper who is at all in the way would soon be irksome to herself and impossible in the house. In engaging any sort of lady help it is above all things necessary clearly to define her position, exactly what is expected of her, and the precise terms on which she is engaged; an inventory of articles for which she is responsible is highly desirable. It may also be convenient to have a general stipulation that she is to do within reason whatever is required of her, and some brief period of notice should be agreed upon. Upper servants—confidential or travelling lady's-maids—frequently slip into these positions. But they would be seldom employed except in rich households, nor are they likely to be engaged for such situations unless they have been directly or indirectly long known by the employer. Still, no amount of confidence or familiarity should make one dispense with definite terms set down in writing, and a clear statement of general duties, responsibilities, and privileges.

Nurse.—Of all domestic servants the nurse occupies by far the most responsible position, and it should be needless to insist that the utmost care must be taken to ensure that she is in all respects trustworthy. The duties of the nurse, together with those of the nurse-maid or under-nurse, will form the subject of a separate section of this work, but it may be advisable to summarize the more important qualifications for these most important posts. The nurse should not be too young, and should be a person of some experience and education. Her character should bear the strictest scrutiny as to temper, truthfulness, honesty, and cleanliness, for her influence cannot fail to have a large share in moulding the character of her charges, and it is essential that she should be capable of maintaining due discipline, without infringing upon the ultimate authority of the parents. It is also advisable that she should be a good seamstress. The under-nurse should possess all the personal qualities indispensable in the nurse, but inasmuch as her duties are not so responsible, the same amount of experience is not of course necessary. The nurse who understands her business should have learned her duties as under-nurse.

Cook.—In the case of a cook, ascertain her ideas of economy, what help she has been accustomed to, and come to some definite understanding about perquisites—bottles, the sale of "waste", which rightly should go into the stock-pot, and also about visitors. A good rule is to allow no fares, no perquisites, no beer, while visitors should be admitted only at stated times. Some of the best cooks are given to intemperance—exposure to the fire leads them into the temptation; but a cook who cannot be depended upon in this respect is a most dangerous, unpunctual, and generally unreliable person.



French

German

Swiss

Belgian

FOREIGN DOMESTIC SERVANTS

Housemaid.—See “Housemaid’s Duties”.

General Servant.—In engaging a general servant look out for a person not too old (about 25), and if possible above the average intelligence, on account of the number of things which she is expected to do requiring a considerable amount of method, discretion, and temper. Every department and inmate of the house, from attic to cellar, from master and mistress to baby, cat, dog, and canary, are more or less dependent on her for food, comfort, and even sleep. The mistress, when only one servant is kept, should let her know that she herself will both direct and assist in the housework, and expects early rising and methodical habits, meanwhile remembering always that example is better than precept.

Charwomen.—Charwomen are not popular with good servants, and frequently unsettle inferior ones, as it is to their interests that servants should be leaving frequently and themselves called in to fill the gaps. There are, of course, exceptions, and it is best to engage respectable married women or widows, who have themselves been domestic servants in good houses. They bring to their work some professional instincts which are a certain safeguard against downright theft; but a capacious pocket or bag, not to mention an insatiable appetite, may have to be reckoned amongst the serious drawbacks to their employment, to which may sometimes be added their large families, liable to react in various ways on the food, clothing, and unconsidered trifles about the house where they are employed.

THE LAW OF MASTER AND SERVANT.

In the present article it is proposed to consider, very briefly, the legal relationship of master and menial, or domestic, servant. "Mistress and servant" would, perhaps, ring with a more familiar sound in the ears of many readers; for servants are, as a rule, associated with the mistress rather than with the master. She is generally the person who first interviews and engages them; to her they look for their instructions and orders; and to her they ordinarily refer for their character when seeking a new situation. It should, however, be clearly understood from the beginning that the mistress is only acting as an agent for a principal—her husband. Prior to the passing of the Married Women's Property Act, 1882, this was admittedly the case in almost every instance; for by the old Common Law a married woman was prevented, with a few exceptions, from entering into any contract whatever. And although since the passing of that Act she has been endowed with a new contractual capacity so far as touches her separate estate, yet there is no reason for supposing that the original principle is disturbed, even in the case of mistresses with property of their own, in respect of ordinary domestic servants. "The presumption", says Mr. Eversley, "that has been raised by the Married Women's Property Acts will not be likely to have a general application to such contracts as these, in which the authority of the husband and the agency of the wife are easily inferred from her position in the domestic establishment."

Domestic and Menial Servants.—Every servant who is under the complete control of his master—whatever be his particular form of occupation—is properly considered a menial servant; only those, on the other hand, who dwell in the house, and form, as it were, a part of the family, are strictly entitled to the name of domestic. A gardener, or a coachman, dwelling perhaps in a cottage on the estate, and having perhaps a family and household of his own, is clearly not a domestic servant, but is certainly a menial one. Popularly "menial" has come to involve a certain sense of degradation; but legally and etymologically alike this modern conception of the term is absurd. Johnson, who hesitates in his derivation, defines it as "belonging to the retinue, or train of servants", and quotes in support from Dryden's *Aeneid*:—

"Two menial dogs before their master press'd".

"Swift", he adds, "seems not to have known the meaning of the word", and he supports this contention by a line from *Gulliver's Travels*, "The women

attendants perform only the most menial offices". It is clear, however, from the latter quotation that the word was even then beginning to assume its derogatory aspect. "Meiny" is used in *King Lear* of a retinue of servants.

No very clear test has ever been laid down for distinguishing menial, or domestic, servants, on the one hand, from servants in general on the other. In the case of certain classes—railway porters, for instance, or mill-hands—no difficulty is likely to occur; for these are neither members of their master's family, nor exclusively under his control. A governess, on the other hand—and the same consideration applies to a private tutor,—though largely satisfying both conditions, has been held not to be a menial, or domestic, servant. "We are of opinion," said the Chief Baron Pollock, in *Todd v. Kellage*, "that a governess is not within the rule or custom as to menial or domestic servants. The position in which a governess is placed, the station which she occupies in the family, the manner in which usually such a person is treated in society, certainly place her in a very different situation from menial or domestic servants."

Mr. P. H. Baylis, Q.C., in his useful little book on *Domestic Servants*, gives the following list of menial, or, as he prefers to call them, domestic, servants:—"Housekeepers, cooks, kitchen- and scullery-maids, housemaids, chamber-maids, nurses, valets, butlers, coachmen, footmen, grooms, gardeners, even huntsmen and others of similar occupation, whether they board or lodge in the master's house or not". He excludes a governess, a tutor, a housekeeper and manager at a large hotel, and a bailiff and steward, adding that each case must depend on the kind of employment. The latter remark would seem to apply to the "modern instance" of a permanent hospital nurse, who might or might not be considered a menial servant according to her private social status and the position accorded her in the family.

Infants as Masters or Servants.—Little need be said on the subject of the parties to the contract. As to infants, their contracts are voidable merely on the initiative of the infant, not absolutely void from the beginning. An adult servant who hires himself to an infant is bound by his contract just so long as the infant chooses to keep it on foot; while the infant himself is free to terminate the hiring just when he likes and at a moment's notice. Similarly an infant servant who enters the employment of an adult is free to depart whenever he (or she) wishes; though his (or her) master, as a rule, can only get rid of him (or her) on the usual terms of dismissal. The general principle is subject, however, to a very important exception—an exception, indeed, which, in the particular case of the hiring of servants, almost swallows the general principle—for contracts which are reasonable or necessary to the infant will be rigorously upheld. Necessity varies with the infant's position in life—things which are clearly necessary for a rich infant being unnecessary for a poor one. "The nature and extent of the attendance", it has been said by Baron Alderson (*Chapel v. Cooper*), "will depend on his (*i.e.* the infant hirer's)

position in society; and a servant in livery may be allowed to a rich infant, because such attendance is commonly appropriated to persons in his rank of life". A similar train of reasoning, it is submitted, applies in the case of an infant servant; the rank of life, it is obvious, from which domestic servants are usually drawn being such that the fact of their hiring themselves as servants is reasonable or actually necessary.

Married Women as Servants.—The capacity of married women to engage servants has been already considered; the capacity of a married woman to hire herself out as a servant must be dealt with in a very few words. It is extremely doubtful whether she is entitled to enter service without the consent of her husband, except in cases where the latter has deserted her or where she has obtained a judicial separation. Where, however, she has properly engaged herself, her receipt is a sufficient discharge for her wages without the concurrence of her husband's signature.

The Duration of the Contract.—It is free to the parties at the time of the engagement to settle between them the length of the service. It may be, for instance, for six months, or from week to week, or from month to month, or from year to year. In the absence, however, of special agreement the law will attempt to determine the implied period of the hiring from a survey of the surrounding circumstances. The fact, for instance, that wages are paid monthly or weekly would seem to suggest that the service was intended to be a monthly or a weekly one. It is probable, however, that in a very large number of cases, not only is no definite period fixed for the service at the time of its inception, but there are not even surrounding circumstances from which its duration may be properly inferred. In all such cases the law implies a contract for a year, subject, however, to the right of either party to determine the contract by giving a calendar month's notice.

THE RIGHTS AND DUTIES OF MASTER AND SERVANT.

Punishment.—It is scarcely necessary to remark that a master may not inflict corporal punishment on a servant of full age, whatever may have been the evil practice of a bygone generation. He may, however, be possibly justified in thus dealing with a minor—a page-boy, for instance; but the experiment, in these days, would be exceedingly risky, and is certainly not to be recommended.

Wages.—The question of wages should be definitely settled at the time of making the contract. It is stated by Mr. Eversley that additional wages, on the ground of additional services, are not recoverable by a servant, in the absence, of course, of express agreement. A general servant who entered a family where the washing was sent out would not be entitled to additional wages if the washing was afterwards done at home: nor would she be justified in refusing the extra work, unless the sphere of her duties had been so exactly defined at the time of her hiring as necessarily to

exclude it. Certain other points with regard to wages will be more conveniently considered in a later section.

Here it can only be shortly pointed out, by way of anticipation, that wages are payable during a temporary sickness of such a nature as not to entitle the master to rescind the contract of service; that they are payable up to the date of the termination of the hiring in cases of dismissal with a month's notice; and that in cases of ordinary dismissal without a month's notice the servant is entitled to an extra month's wages; although wages, on the other hand, are probably forfeited from the last day of payment in case of dismissal for improper conduct. This latter point, however, is not quite clear.

If, again, a servant is entitled to leave at a month's notice—and this is a very general belief—on payment to her master of a month's wages, she would apparently be entitled to an apportioned amount of her wages up to the date of her actual departure. If, on the other hand, as is far more likely, she is not legally at liberty to pursue this course, it is clear that should she actually do so she would forfeit her wages from the last day of payment.

A master is not entitled to make any deduction from his servant's wages in respect of the damages sustained by himself by reason of the servant's negligence. He must pay her wages in full; and must afterwards recover what he may in an ordinary action for damages. The distinction is of practical importance, for a master might easily be tempted to retain out of his servant's earnings the value of petty breakages, which it would not be worth his time or trouble to recover in a Court of Law. Neither is he entitled to deduct the expenses of a doctor whom he has himself called in to visit a sick servant. Nor, in short, is he ever at liberty to make any deduction whatever. The above, of course, is true only in the absence of express stipulation. A master may make what terms he likes as to deduction at the time of concluding the contract.

Servants are entitled, with certain other kinds of creditors, to priority of payment, in the bankruptcy of their master, for wages due for a period of time not longer than four months, which do not amount in all to a sum greater than £50. Where there are not enough assets to satisfy the servants and other equally privileged creditors in full, the different payments must abate in equal proportions.

Food, Clothing, and Lodging.—Masters are not liable, at common law, to provide their servants with clothing, food, or lodging. Food and lodging, however, are generally expressly agreed for at the time of entering into the contract; and even in cases where there is no express agreement, it is certain that in the case of domestic servants some such agreement will be implied from the mere fact of their being received into their master's household, unless, of course, they are paid board-wages, or there are other circumstances in the case which negative the general presumption. A master neglecting the duty thus undertaken, whether by express arrangement or legal implication, has always been subject to an action for damages; and now

he is further liable to very heavy penalties. By Statute 24 & 25 Vict. c. 100, it is enacted that "whosoever, being legally liable either as a master or a mistress to provide for . . . any servant necessary food, clothing, or lodging, shall wilfully and without lawful excuse refuse or neglect to provide the same, or shall unlawfully and maliciously do or cause to be done any bodily harm to any such . . . servant, so that the life of such servant shall be endangered, or the health of such . . . servant shall have been or shall be likely to be permanently injured, shall be guilty of a misdemeanour, and being convicted thereof, shall be liable . . . to be kept in penal servitude for five years, or be imprisoned for any term not exceeding two years with or without hard labour". And by Statute 38 & 39 Vict. c. 86, it is further provided that "where a master, being legally liable to provide for his servant . . . necessary food, clothing, medical aid, or lodging, wilfully and without lawful excuse refuses or neglects to provide the same, whereby the health of the servant . . . is or is likely to be seriously or permanently injured, he shall on summary conviction be liable either to pay a penalty not exceeding twenty pounds, or to be imprisoned for a term not exceeding six months, with or without hard labour". The superior advantage of the later act appears to consist only in its readier and easier application. A master, it must be remembered, is not "liable" to supply medical aid to his servant on anything except an express contract, and generally speaking the liability to supply clothing rests on precisely the same footing.

Before leaving this topic, it may be noted that a master who refuses to supply food to a servant so old and enfeebled as to be unable to withdraw himself from his master's employment, is liable, should he thus cause the servant's death, to be indicted for manslaughter; and should it, moreover, appear to the jury that "the prisoner was guilty of wilful neglect, so gross and wilful that they are satisfied that he must have contemplated" the servant's death, the prisoner will be guilty of murder (*Reg. v. Marriott*). This latter case was concerned, it is true, with a servant of tender years, but the principle in either case would seem to be substantially the same. In *Reg. v. Sloames* (referred to by Mr. Manley Smith, but apparently unreported) it was held that a girl sixteen years old was not of "tender age" within the meaning of the above proposition; but in the very recent case of *Reg. v. Nicholls* (reported in the *Times*, 3rd May, 1898), the learned judge (Mr. Justice Phillimore) laid stress on the question whether the servant, who in this case had turned seventeen, was really in a position to escape from her mistress's control—a logical way of looking at things which brings these cases referring to servants of tender years into line with the case of an old and enfeebled servant referred to at the beginning of this paragraph.

Servant's Claim to Indemnity.—A master is bound to indemnify his servant from the legal consequences of obeying a lawful order, and even an order which appears lawful to the servant owing to the latter's ignorance of the true facts of the case. Thus, when a master sends his servant on to a neighbour's property, while leading the servant to believe

that the property is his own, and the servant is sued by the neighbour for trespass, and is adjudged to recompense the latter in damages, the master is bound to indemnify the servant, for the latter has acted in what he believed, owing to a mistake of fact, to be a lawful mission. It is probable, however, that had the mistake been one of law—had the servant, for instance, known that the property was not his master's, but not known that his going on to a stranger's property constituted a legal offence—the servant, on the strength of a well-known principle, *ignorantia juris non excusat* (ignorance of the law is no excuse), would have had no claim whatever to indemnity. And certainly he has no such claim, when the order, to his own knowledge, is clearly an illegal one.

A master is also bound to indemnify his servant under certain circumstances for physical injuries received by the latter in the course of the master's employment. This liability to indemnify is not, however, of universal application, and must not be taken to mean that the master is under obligation to recompense his servant for every kind of injury received by the latter while employed on his master's business. It is clear, for instance, that a servant who, while going on his master's errand, is run down and injured by a stranger, has no claim whatever for compensation against his own master. And the same is true of a servant who slips and injures himself severely in coming down his master's stairs. The master, in fact, is only liable to indemnify in cases where the accident, more or less directly, is due to his own negligence. The principle is succinctly stated by Mr. Eversley:—"The principle of the liability and immunity of a master is the obligation cast upon him of taking all reasonable precautions to secure the safety of his servant". Thus a master may easily be liable for physical injuries inflicted on his servant by allowing his house or workshop to be in a defective state, or by setting his servant to do dangerous work. A servant, for instance, who falls downstairs—to revert to the instance given above—not merely because of unavoidable mischief, but because the master has allowed the staircase to fall into a defective and dangerous condition, will be entitled, under certain conditions, to a remedy against his master. These certain conditions may be shortly stated.

(1) The master must be clearly negligent; (2) the servant must not have known of the defect; (3) there must be, on the part of the servant, nothing amounting to contributory negligence.

As to (1), a master is clearly negligent who knows of a defect or danger, or might have known of it with ordinary care and prudence, and yet allows his servant to incur the peril. As to (2), a servant who knows of the defect or danger, and voluntarily undertakes to incur the risk, is left without a remedy against his master. *Volenti non fit injuria*—you cannot do a legal wrong to anyone who is willing you should do it—is a well-known principle of the Common Law. A servant is under no obligation to risk life or limb in the performance of his duty; if, therefore, he does so at the request of his master, he does so at his own peril. If, however, he is

able to show that in incurring a known risk he was acting under such pressure from his master as practically no longer to be a free agent—a case which might very easily occur in the instance of young and timid servants—he may fairly plead that, although he knew of the danger, he was compelled to encounter it. Similarly, the master continues liable, even in the case of a danger known to the servant, where the latter has reported the danger to his master, and the master has promised to remedy it; the presumption being, in such a case, that the servant continues work in the belief that the danger will be abated.

It is clear that the master will seldom be liable to his servant for the injury committed by a fellow-servant on the ground of the master's own negligence. There is, however, at least one very important class of cases in which this is easily possible, in cases that is, where the injury has been incurred because of the master's having negligently engaged an incompetent fellow-servant. "The servant," said Baron Alderson in *Hutchinson v. York, Newcastle, and Berwick Railway Company*, "where he engages to run the risks of his service . . . has a right to understand that the master has taken reasonable care to protect him from risk by associating him only with persons of ordinary skill and care." A master, it is believed, who wilfully hired a servant knowing, or having good means of knowing, that the latter was a drunkard or a lunatic, would be liable to recompense another servant for injuries inflicted by the drunkard or lunatic, exactly on the same principle as he would be liable to recompense him for the defective construction of a workshop or a staircase.

Under Lord Campbell's Act, 1846, the personal representatives of any servant killed under circumstances which would have entitled him, had he survived, to sue his master for damages, may bring an action to recover damages for such servant's death within twelve months from the date of the latter's decease. Such right, however, is confined to wife, husband, parent, or child of the person killed. "Parent", it may be noted, includes grandparent and step-parent, and "child" includes grandchild and stepchild.

Window Cleaning.—By the Town Police Clauses Act, 1847, it is enacted that every occupier of any house or other building, or other person who in any street, to the obstruction, annoyance, or danger of the residents or passengers, orders or permits any person in his service to stand on the sill of any window in order to clean, paint, or perform any other operation upon the outside of such window, or upon any house or other building within the said limits (*i.e.* apparently the districts for which the Act has been adopted), unless such window shall be in the sunk or basement story, "shall be liable to a penalty not exceeding forty shillings or fourteen days imprisonment"; and any constable or other officer, appointed by virtue of this or the special Act, shall take into custody without warrant, and forthwith convey before a justice, any person who within his view commits any such offence.

MASTER'S LIABILITY FOR SERVANT'S CONTRACT.

There are three ways in which a master may render himself liable for his servant's contract made in the master's name:—(1) by adoption; (2) by giving the servant an express authority to pledge his master's credit; (3) by giving him an implied authority. Of the first of these ways there is little to be said, and, even in the case of the second, the only real difficulty arises from the fact that implied authority sometimes arises out of express authority by an almost imperceptible process.

By Adoption.—A master is free to adopt, or not to adopt, an unauthorized contract made by his servant in the master's name; but when once he has adopted the contract, he is bound by it, and is not afterwards at liberty to change his mind. If, moreover, he adopt the contract at all, he must adopt it as a whole; he is not free to pick and choose as to what he will ratify, and what repudiate.

By Express Authority.—The nature of an express authority scarcely appears to need explanation. It should, however, be noted that express authorization may be of two kinds: special, as where a master sends his servant to a shop to buy a particular article; and general, as where he tells him to buy a particular class of goods, as occasion arises, from time to time. General express authority admits, in its turn, of a further obvious division; it may be limited, as in the case supposed above, to a particular class of goods; or it may extend to everything that the master requires in the management of his house or the conduct of his business. Even in the latter case, the general authority will naturally be bounded by certain clear limits, and it is incredible that under any circumstances a servant should be authorized to pledge his master's credit with reference to every imaginable class of property and to any imaginable extent. Express authority may be given to the servant either orally or in writing. In practice it is almost invariably the former. The chief danger in giving express authority—unless exercised with extreme caution—is that it often passes almost imperceptibly into implied authority. This will be better understood by a perusal of what follows.

By Implied Authority.—No authority to contract in the master's name is implied from the bare relationship of master and servant—it arises only from the master's own act in what is known as "holding out" the servant as his agent. It will be convenient to follow out step by step the growth of an implied authority. A master, it is supposed, sends a servant to a tradesman to make a certain purchase upon credit. The servant is a stranger to the tradesman, and the latter, if he gives the servant credit, will only be entitled to recover from the master on showing that the servant was acting in the matter on an express authority. But if the master pays the bill without demur, and the servant comes again and again on a similar errand, and always with the same satisfactory result, there grows up on the tradesman's part a reasonable presumption that the servant has

an express general authority to enter into this particular kind of bargain—there arises, in fact, on the tradesman's part, an implied authority for the acts of the servant. Now suppose that in the case of a number of particular purchases an express authority, as a matter of fact, has really been given by the master, or that a general authority has really been given to make purchases of this particular description, and suppose further that one day the servant comes to the tradesman apparently just as usual, but without having on this occasion received his express authority, or after his general authority has been withdrawn. The tradesman, it is clear, knowing nothing whatever of these altered circumstances, will serve him exactly as usual, and will be able as usual to recover from the master, for the latter, by constantly allowing his servant to pledge his credit, has "held out" that the servant is entitled to do so. Or, in other words, although in the latter case there is no express special authority, and although the general authority has been withdrawn, yet the tradesman acts on a sufficiently good implied authority, until he learns, or might easily learn if he took ordinary precautions, that the circumstances of the case have altered. On the other hand, when a servant has always been in the habit of paying cash, but one day unexpectedly asks for credit, the tradesman will not be justified in implying that the servant is acting on his master's authority. It must be remembered that the implied authority is limited to the particular kind of contract, or contracts, out of which it originally grew. Also, that when once a master has "held out" his servant as his agent, he is bound, in cases even where the servant is acting directly against his master's order, or after the general authority is withdrawn, provided, of course, in either instance that this is unknown to the tradesman. For implied authority, when once established, lasts until it is destroyed by notice to the person implying it. The servant's authority is also revoked by the death of the master.

MASTER'S LIABILITY FOR SERVANT'S WRONGFUL ACTS.

Wrongs—setting aside wrongs arising out of contract—may be divided into two great classes: (1) civil wrongs—torts, as they are called,—for which the remedy is a civil action for damages; (2) crimes, for which the remedy is the infliction of some kind of punishment.

Servant's Crimes.—Of the master's liability for the criminal offences of his servant, little need be said here. Generally speaking, he is not thus liable, except in cases where he has expressly authorized, or has even actually co-operated in, the commission of the crime; although there are a few instances of quasi-criminal offences, *e.g.* offences arising under the Licensing Acts, in which the master is personally liable even in cases where the offence has been committed without his knowledge or control.

Servant's Civil Wrongs.—As to civil wrongs, or torts, the general principle is clear, that the master is responsible for all the torts of the

servant committed in the scope of the latter's duty, whether the tort has, or has not, been expressly authorized by the master. There exists, however, considerable difficulty in determining what acts do, or do not, lie within the scope of the servant's employment. Obviously it will be necessary, in each particular instance, carefully to consider all the surrounding circumstances. It must be remembered that an act committed in the scope of a servant's employment does not only mean an act which it might reasonably be inferred that the master would authorize the servant to do, or which naturally falls to be done in the discharge of the servant's duty. A servant who, in driving his master's carriage, negligently runs down and injures a pedestrian, clearly renders his master liable. It is true that this particular default was neither authorized by the master nor done in the discharge of the servant's duty. But it is equally true that the accident arose, although purely out of the servant's negligence, none the less at a time when the servant was acting within the scope of his master's employment. On the other hand, a servant who takes his master's carriage for his own amusement is not acting within the scope of his employment, and will not therefore render his master liable for any tort committed by himself while thus acting on his own initiative. Thus, too, it has been decided that a coachman, who, in order to extricate his master's carriage, lashes a stranger's horses, and so causes an accident, renders his master liable; but a coachman who strikes at a stranger's horses to gratify some private end of his own does not make his master responsible.

Common Employment.—The general principle is subject, however, to a very important exception—the doctrine of “common employment”. As far as touches other forms of service this doctrine has been largely superseded under the provisions of the various Employers' Liability Acts; but none of these Acts applies to the case of menial, or domestic, servants. Roughly stated, the doctrine of “common employment” amounts to this—that a master is not liable for the tort of his servant, when the injured person is a fellow-servant, and when the latter at the time of his injury was working within the scope of his employment; provided always that competent fellow-servants and proper appliances have been provided by the master, and that the spheres of duty of the two servants are practically coincident. Where a master wilfully engages an incompetent servant, or where an injury is inflicted by one servant on his fellow-servant by reason of some defective appliance, the master is liable, as already stated (see “Servant's Claim to Indemnity”), on an entirely different principle, namely, his own personal negligence. It has just been stated that in order to give rise to the doctrine of common employment the spheres of duty of the two servants must be practically coincident. A housemaid and a parlour-maid, for instance, or a cook and a scullery-maid, are obviously in common employment, for each knew, when accepting her situation, that she would be called on to work in the company of the other. A dairymaid and a coachman, on the other hand, are practically, so far as their work is concerned, strangers to one another; and clearly did not, at the time of their

respective hirings, expect to work, and are not, in fact, at all likely to work, in one another's company. Hence, if the coachman, while acting within the scope of his master's employment, carelessly drives over the dairymaid, the master is obviously liable to the dairymaid in damages. There is no common employment. And even where the two servants are admittedly in common employment as a general rule, it would still appear that if the injured servant was working at the time of his injury outside the scope of his duty, the common employment would be in abeyance for the time being, and the injured servant would be so far a stranger to his master, and capable as such of recovering damages. In any case, it may be added, the master has a good defence against any claim to damages because of a tort committed by his servant, if he can show that the person injured contributed to bringing about the injury by his own negligence.

CRIMINAL OFFENCES COMMITTED BY THE SERVANT.

Moral offences of a gross nature, such as drunkenness, render the servant, as will presently be seen, liable to instant dismissal; and probably, though the point is doubtful, to forfeiture of wages accrued due since the last day of payment. Criminal offences, it need scarcely be added, subject the servant to the same liabilities; but besides this, they may also sometimes necessitate the setting in motion of the criminal law. A very few words will be added here on the forms of criminal offence of which servants are most frequently guilty, and at the same time a word of advice will be given as to the safest manner in which a master can act in these unpleasant emergencies.

The Search of Servant's Boxes.—The law draws a subtle and difficult distinction between ordinary theft, or larceny, on the one hand, and embezzlement on the other hand, with which, however, it is unnecessary to trouble the reader here, although the distinction is still, in spite of modern legislation, of practical importance. For present purposes it is more important to inquire whether the master has any, and what, right to search a servant's boxes on suspicion of his having been guilty of stealing. With the servant's consent, of course, this proceeding is quite permissible, but a master who proceeds to make such search in disregard of the servant's wishes, lays himself open, at the servant's suit, to a civil action for damages. The best course obviously is to obtain the servant's consent in a considerate and amicable manner by representing to him that he will, by giving such consent, go a long way, if really innocent, towards vindicating his character from the suspicion which must otherwise attach to him. If, moreover, there are several servants, it is clearly the wiser course, not merely to seek permission to search the boxes of the one particularly suspected, but of all alike, thus avoiding the unnecessary offence of singling out for particular suspicion a possibly innocent servant. Moreover, should the suspected

servant alone refuse his assent, it is clear that the *prima facie* case already made out against him will be immensely strengthened by this line of conduct. In the ultimate case, however, of consent being absolutely refused, two other courses still remain open to the master:—(1) He may call to his aid the assistance of a constable, acquaint him with the facts of the case, and leave him to take what action he thinks best on his own initiative. A constable, it should be remembered in this connection, has more extensive powers than an ordinary citizen; for whereas the latter, for instance, may only arrest when he knows that a felony has actually been committed, a constable may arrest on reasonable suspicion that a felony has taken place. The mere circumstance that property has disappeared, under circumstances that suggest a felony, does not entitle the master, though it may very well entitle the constable, to arrest a suspected person. The master, moreover, should not suggest to the constable that he should search the suspected servant's boxes, or take any similar course—the suggestion should come from the constable himself. (2) Or the master may go before a magistrate, lay an information, and apply for a search-warrant. In neither case, of course, should the master act except *bonâ fide* and with reasonable ground for his suspicions.

Servant's Gifts of Master's Property.—It may be as well to remind the reader that for a servant to give away or sell food, or any other property belonging to his master, whether in or outside the house, is technically a criminal offence, though one which obviously varies in its enormity according to circumstances; there being clearly all the difference in the world between giving a crust to a casual beggar and making a regular practice of entertaining one's friends at somebody else's expense. In this latter connection it may be noted that those who enter a master's house, without his knowledge or permission, to eat or drink the master's food, may find themselves, under certain circumstances, guilty of a felony.

THE DETERMINATION OF THE CONTRACT.

By Death of Either Party.—The hiring determines on the death of the master, unless it is otherwise expressly stipulated at the time of making the contract. Menial, or domestic, servants are, however, entitled to a proportionate part of their wages calculated up to the date of their employer's decease. The service is also determined by the death of the servant. This simple proposition calls for no further comment.

By Notice.—It must be remembered that both master and servant are absolutely free, at the time of hiring, to make exactly what terms they please as to how the hiring is to end. In the case, of course, of unusual arrangements, it is only prudent that the particular agreement should be carefully reduced to writing; but since, in all probability, special and unusual agreements on the point are seldom entered into, it is seldom that

anything is put into writing, except, of course, under the provisions of the Statute of Frauds. It is probable that in the vast majority of cases nothing is said at the time of engagement as to either the duration of the service or the conditions of its conclusion. In such a case, as already seen, the law implies an engagement for a year, but it further implies that this term of a year may at any time be prematurely determined by either party on his giving to the other a calendar month's notice. It further implies, in the case of the master, that the latter is also free to dismiss his servant without any notice at all, on paying him, in lieu of notice, an extra month's wages, in addition of course to the amount of wages actually due to him up to the time of dismissal. The question of dismissal on grounds of improper conduct is not, it must be remembered, at present under discussion. A master who dismisses his servant at a moment's notice is not bound to do more than indicated above; he need not, for instance, give him board-wages for the calendar month, nor compensate him for the expense of taking lodgings.

There prevails a widely spread belief that the servant, on his part, is entitled to leave under precisely similar conditions—that he is free, that is, to determine his engagement without previous notice, on paying his master the equivalent of a month's wages, and that he is further entitled to demand, on thus leaving, a proportionate amount of his earnings. This is the opinion of Mr. Eversley, but he does not support it by any authority. It has been argued, however, and with much show of reason, that this view of things is untenable; and it is at least as likely as not that a servant thus acting not only forfeits all claim to wages as from the last day of payment, but in addition exposes himself to a civil action for damages.

In the case of an express and definite engagement for a year, or indeed for any other fixed period, it is better to arrange the conditions of leaving at the time of making the contract, for it is questionable whether in such a case the hiring, under any circumstances, can be prematurely determined by notice; and, assuming even that it is so determinable, there is nothing to determine the length of the notice. In the case of an engagement from week to week, or from month to month, a week's or a month's notice, as the case may be, must presumably be given.

It is believed that there prevails another custom, not yet admitted to the dignity of recognized law, but clamouring to receive this recognition, and likely to receive it before very long. In *Moult v. Halliday*, "the plaintiff, a housemaid, sued her master, the defendant, for a month's wages, which the latter declined to pay, on the ground that the plaintiff had left his service without giving him proper notice. The plaintiff, on the other hand, contended that, by a custom which she alleged to exist in regard to domestic service, she was entitled to leave—as she had in fact done—at the end of the first month, provided she had given notice of her intention to do so at or before the expiration of the first fourteen days of her service. The case was tried in the Westminster County Court, and the judge held, first, that no such custom existed, and further, that if it had existed, it

would have been bad on the score of unreasonableness." The plaintiff appealed to the Divisional Court, and the latter considered themselves bound, on a technical ground, to uphold the decision of the Court below, but Mr. Justice Hawkins took the opportunity of indicating plainly that not only did he personally consider that the evidence before the County Court judge would have justified the latter in finding that the custom as a matter of fact existed, but that in his opinion the plea of unreasonableness could not be upheld.

There are few, it is imagined, who are likely to dissent from this latter proposition. So obvious, in fact, are the advantages of this quasi-custom, from the point of view whether of the employer or of the employed, that it is strongly recommended that a special express stipulation should be made on this point in the case of every engagement, until the law on this subject has been placed—as it is certain to be placed sooner or later—on a definite and unmistakable footing. It is true that since the decision in *Moult v. Halliday* a similar case has been decided in another County Court precisely the opposite way, but it is still much to be desired that a clear ruling on this important point should be given by the High Court. In the absence of some such custom—and in the further absence, of course, of express stipulation—it is clear that no hiring can possibly be determined in a period less than two months. That the master is free to get rid of his servant on similar terms is not alleged to be the custom in *Moult v. Halliday*, but there is little doubt that if the one custom be established, its complement will necessarily follow.

By Dismissal for Wrongful Conduct.—A master is justified in dismissing his servant without previous notice, and without paying him a month's wages in lieu of notice, on any of the following four grounds:—(1) Wilful disobedience of a lawful order falling in the scope of the servant's duty; (2) immoral conduct; (3) habitual laziness; (4) incompetence arising from permanent illness or from any other source. This fourfold division, though practically convenient, is perhaps not strictly scientific, for wilful disobedience and habitual laziness may themselves be very properly considered a form of immoral conduct. Immoral conduct, however, must here be taken to mean not every offence in the largest sense of the term against the moral law, but only those peculiarly gross offences, such as theft, drunkenness, or unchastity, which are properly ranked in the public conscience in this opprobrious category.

(1) As to wilful disobedience of a lawful order, falling in the scope of the servant's duty, the principle has been pushed almost beyond its legitimate extreme in *Turner v. Mason*. In this case a maid-servant requested, and was refused, permission to be absent for the night. Notwithstanding, she absented herself, her object being solely to visit her sick mother at the latter's urgent request, and she found herself dismissed on the following morning on her return to her master's house. The dismissal was held to be quite proper, and although it did not appear in the evidence that her master was aware of the cause of her going, it was intimated plainly

from the bench that the point was immaterial. On the other hand, in *Jacquot v. Bornd*—though this was not a case of domestic service—it was suggested by Baron Maule, that a servant who had already been working for eighteen hours and obstinately refused to work longer, or a servant who was ordered, but refused, to work on a Sunday—it being no part of his regular duty,—was justified in his refusal. It will be seen that it is not always easy to draw any hard-and-fast line between reasonableness and wilful refusal, but in the vast majority of cases no practical difficulty is likely to occur. Recollect that the order must be given by one in authority; that it must be lawful; and finally, that it must be one that falls within the scope of the servant's duty.

(2) As to immoral conduct, it seems unnecessary to say much. Drunkenness, unchastity, theft, and grossly insolent behaviour all fall under this category. And all of them render the servant liable to instantaneous dismissal.

(3) As to habitual laziness, it may be noted that the laziness and neglect of work must really be habitual. A single exhibition of this kind of wrong-doing clearly would not entitle a master summarily to dismiss his servant, except, perhaps, in the single instance of its having caused him positive injury.

(4) As to incompetence arising from permanent illness or from any other source, it must be remembered that incompetence is a relative term; conduct which would be incompetent in a highly-paid and reputedly-skilful servant, being excusable in a servant who has been taken at lower wages expressly on the ground of his lack of proper training. Temporary illness is no good ground for dismissal, and wages are payable as usual during its continuance.

In all cases of dismissal for incompetence or permanent illness, wages are payable up to date. But in instances of dismissal on any other of the three grounds given above, it is highly questionable whether this is the case, or whether, on the contrary, wages are forfeited as from the date of the payment of the last instalment. The better opinion seems to be that they are thus forfeited.

Ejection of Servant.—A domestic servant, who is legally discharged, may apparently be forcibly ejected by his master, or by a constable called in by the latter. There seems to be no exact ruling on this point. Apparently, also, the master is entitled to turn the servant's boxes out of the house; and this latter proposition would appear to be true even in cases of wrongful dismissal. Thus in *Lake v. Campbell*, a servant—not a domestic, nor apparently even a menial, servant—was wrongfully discharged by his master, and his property turned out of the house, whereby he suffered a monetary loss. He failed, however, in his claim for damages. Chief Justice Erle remarking in his judgment that “the plaintiff was requested to go out, which he refused to do, and the defendant therefore had a perfect right to remove the furniture from his premises”.

Damages for Wrongful Dismissal.—The only damages recoverable by

a servant for wrongful dismissal, in addition to his proportioned amount of earnings, are one calendar month's wages, it being obvious that under ordinary circumstances his master could have got rid of him at a moment's notice by making him this payment. It is suggested, however, that in cases where a different length of notice has been specially provided for, or in cases where it is ordinarily impossible to determine the hiring before its natural expiration—and it has been seen that there are apparently some such cases,—the measure of damages would be, by parity of reasoning, a sum proportionate to the necessary length of notice, or to the residue of the term respectively.

Servant's Character.—No master is bound to give a servant a character; but it is well pointed out by Mr. Baylis, Q.C., that the refusal to do so “might not only appear to arise from vindictive feeling, but might even be more prejudicial to a servant than a fair statement of the facts affecting his character, from which the person requesting the character would be at liberty to draw his own conclusion, and act upon his own judgment”.

The giving of a character is a privileged action, and it will accordingly be necessary for the servant to prove, in an action for libel or slander, that the master, in making statements injurious to the servant's character, was instigated by actual malice. It is not sufficient for the servant to show that the bad character was in fact undeserved. Actual malice may be implied from a number of surrounding circumstances, *e.g.*, if a master give a bad, but undeserved, character, knowing it to be undeserved, or careless whether it be deserved or not, that is evidence of actual malice. Again, if the master give a bad character voluntarily, without having been asked to give a character at all, that fact, though it does not in itself constitute actual malice, yet necessarily raises a *prima facie* assumption in its favour. On the other hand, even a true bad character may constitute a libel, if “there should be extraordinary circumstances of express malice” (implied by Lord Mansfield in *Hargrave v. Le Breton*). A master who has given a good character, and subsequently discovers something to the servant's disadvantage, is privileged in communicating his discovery to the servant's new master under the same restrictions as to actual malice.

Although it lies outside the strict province of this article, it may perhaps be allowable to point out that an oral character given in person is in all ways more reliable and satisfactory than a written one, for the latter may be forged, or may even refer to some third person whom the servant is attempting to personate. Let no master hesitate, on the proper occasion, to tell the truth about his servant without fear and without favour. It is, in fact, his duty to do so; and unless he be actuated by express malice, he need be under no uneasiness as to the probable results of discharging this obligation.

The evil of giving fictitious characters has been dealt with by the legislature. By Stat. 32 Geo. III. c. 56, it was enacted as follows: (1) that any person falsely personating any master or mistress, and either personally or in writing giving any false, forged, or counterfeited character to a

servant offering himself or herself for hire; and (2) any person knowingly or wilfully pretending, or falsely asserting in writing, that any servant has been hired or retained for any period whatsoever, or in any capacity other than that which or in which such person shall actually have hired or retained such servant; and (3) any person knowingly or wilfully pretending, or falsely asserting in writing, that any servant was discharged, or actually left such service, or that any such servant had not been hired or employed in any previous service contrary to truth; and that (4) any person offering himself or herself as a servant, and asserting or pretending that he or she had served in any service in which such servant shall not actually have served, or with a false, forged, or counterfeit certificate of character, or in any wise adding to or altering anything in a genuine certificate of character; and (5) any person pretending never before to have been in service, contrary to the fact; shall on conviction before two or more justices of the peace forfeit and pay a fine of £20 and costs, or be committed to prison.

EXCISE LICENSES FOR MALE SERVANTS.

By Statute 32 and 33 Vict. c. 14, a duty of 15s. is payable annually for every male servant. A list of the persons included under the head of "male servants" is given in sec. 19, sub-sec. 3 of the Act—"Maitre d'hôtel, house-steward, master of the horse, groom of the chamber, valet de chambre, butler, under-butler, clerk of the kitchen, confectioner, cook, house-porter, footman, page, waiter, coachman, groom, postilion, stable-boy or helper in the stables, gardener, under-gardener, park-keeper, gamekeeper, under-gamekeeper, huntsman, whipper-in, or in any other capacity involving duties of any other of the above description of servants, by whatever style the person acting in such capacity may be called". The difficulty experienced in interpreting this section led to the passing of a subsequent statute, 39 Vict. c. 16, by sec. 5 of which it is provided that the term "male servant" in the above section shall not include a servant who, being *bonâ fide* employed in any capacity other than the capacities specified or referred to in the above section, is occasionally or partially employed in any of the said capacities, and shall not include a person who has been *bonâ fide* engaged to serve his employer for a portion only of each day, and does not reside in his employer's house. The first exception has been held to cover the case of a lad employed by a farmer to attend to the bullocks in his yard and work on his land, and also to feed his pony. The boy further cleaned the harness and washed the trap when necessary, and occasionally drove with his master to and from the railway-station. The master, on the other hand, occasionally himself attended to the harnessing, unharnessing, and grooming of the pony. It was held that the lad was only occasionally and partially employed as a groom, and that his master was accordingly exempt from paying duty for him. The second exemption

does not apply to those who serve in a taxable capacity for such number of hours daily as suffices for the performance of a fair day's work. The only reported decision discoverable on the point appears to be one of the Scotch High Court of Justiciary (*Schultz v. Steel*), in which it was decided that a gardener, employed at weekly wages, but not residing in his master's house, who worked on an average seven hours a day, but was not bound to serve for any particular time, and was also at liberty to work for other people, but had no employer other than his master, was not exempt under the later statute. The case, of course, is entirely different in the instance of a mere jobbing gardener, or any other male servant similarly circumstanced.

Officers in the army and navy, and hotel-keepers and retailers of intoxicating liquors, and refreshment-housekeepers, are, under certain circumstances, exempt from the payment of this duty.

Practical Advice.—One word of practical advice is given in conclusion. Never, if it can be helped, leave any term of the contract of hiring to the ambiguous construction of the Common Law. Settle, on the contrary, every term with precision, and reduce it clearly into writing. Master and servant are free, it must always be remembered, within very broad limits, to settle between them at the time of entering into the contract the terms of the intended service. It is better to err on the side of extra precaution than of carelessness and neglect of detail.

THE TREATMENT OF SERVANTS.

That it is exceedingly difficult to lay down any hard-and-fast rule concerning the treatment of domestic servants is a fact recognized by all experienced mistresses, yet on the success of the method pursued depends the comfort of a household. Owing to the scarcity of servants, perhaps the tendency of the day is towards an easiness of discipline and a certain injudicious indulgence which defeat their own ends, for a lax mistress is never respected by her maids. Indeed, although it may seem strange, she is often positively unpopular, in the same way that a "slack" officer is unpopular in the army or the navy. As in most things, the middle course is the best to follow, and the mistress who, while insisting on obedience to her reasonable and carefully-considered regulations, enforces them with kindness, and who is above all things absolutely just and consistent in all her dealings, has the best chance of obtaining good service from her maids.

One of the most important articles in the household constitution is the set of rules which should be drawn up for the definition of each servant's work. These should be as clear and detailed as possible, leaving no loophole for that ancient and annoying excuse, "Please, m'm, I didn't understand it was my work", with which most ladies are painfully familiar. But there must be a fair amount of give and take between the maids; when one is out or ill, another must undertake her work.

The special duties of each are dealt with elsewhere under the headings of "Cook", "Housemaid", and "Nurse"; therefore it is unnecessary to enter into particulars here.

Servants' Rooms.—Although the servant herself is often by no means fastidious about her sleeping-quarters, this fact does not affect the responsibility of the mistress. For her own sake, if for no more philanthropic reason, she should do her best to keep her servants in health, and this is impossible if they are obliged to sleep in the dark and airless basement-bedrooms which are often found in the older type of town-houses. In London flats the accommodation for servants is often disgraceful—an absurdly small room opening directly out of the kitchen. The situation is rendered still more objectionable by the fact that there is seldom a fireplace, or any other means of ventilation except a window looking into a dark and airless "well" in the centre of the block.

A maid's bedroom should be situated where it will get a reasonable amount of light and air, and although it need not be obtrusively close to the best bedrooms, it certainly should not be too far away from the mis-

tress's own quarters. If, as in some old houses, some of the bedrooms are without fireplaces, there should be a special arrangement for providing ventilation without draught—one that cannot be interfered with by the occupant, who has often a strong prejudice against fresh air.

There is no reason, moreover, why the servants' quarters should be the only tastelessly decorated spot in an artistic house. A cheerful paper, not expensive, as it should be frequently renewed; neat window-curtains of a pretty washing cretonne, reaching only to the sill; and two or three photographs in plain oak or walnut frames on the walls, will brighten the room considerably. If the expense is not objected to, the floor may with advantage be covered with cork-carpet or linoleum, for in winter bare boards can scarcely be scrubbed often enough to keep them in spotless condition, while stained boards show every speck of dust. Linoleum or cork-carpet can be kept perfectly clean by wiping with a wet cloth, rubbing dry, and beeswaxing.

As to the furniture, the attractive-looking, gaily-enamelled, "complete suites for servants' bedrooms", sold for £4 or £5, are in some cases by no means sound investments. Unless they are selected with care, the purchaser may find that the construction is flimsy, the drawer accommodation is limited, and the bedding (often included in the price) of very inferior quality. And a hard-working servant certainly deserves a comfortable bed. That she should have one to herself, it is, we may hope, almost superfluous to suggest in these days. The bedstead should be a strong, plain iron one, with a chain or wire-wove mattress, and the overlay should be of good wool if the expense of hair is considered too great. Mattress, bolster, and good feather pillow should all be provided with removable outside covers of holland or unbleached calico, sewn, buttoned, or tied on over their ticking-cases. The allowance of blankets ought to be ample, and the sheets should be large enough; unbleached linen being cheapest in the long run. The first cost of twilled cotton is, of course, less, and the maids themselves generally prefer it as being warmer.

The best kind of wash-stand for servants' use is a perfectly plain table of varnished pine or ash, without a drawer but with a marble top. Such a table costs about 30s. to 35s.; that is to say, three or four times as much as one of painted deal, but it is well worth the additional money. If two maids have to share a small room, triangular wash-stands can be fitted into corners to economize space, but in any case each maid should have a toilet-service to herself. And the servants' toilet ware should be alike throughout the establishment, whether two or twelve maids are kept. It is an economical plan, as one complete set can often be made up with the unbroken pieces of two or three others. A roomy chest of drawers should be supplied to each maid. This will serve as a toilet-table, if provided with a mirror, which should be of useful size and of good quality. It may not be desirable to encourage vanity, yet there is no reason why an unfortunate maid should have to arrange her cap with the aid of a 6-inch square of blurred and spotted glass.

Besides the chest of drawers, some provision for hanging up dresses and jackets should be made, as servants ought not to be allowed to keep their boxes in their rooms, or, at any rate, not more than one small box apiece. If a cupboard on a landing or in a box-room cannot be appropriated for the purpose, a plain painted deal wardrobe, with two distinct divisions, is not a very costly piece of furniture. Or a recess may be fitted up with hooks

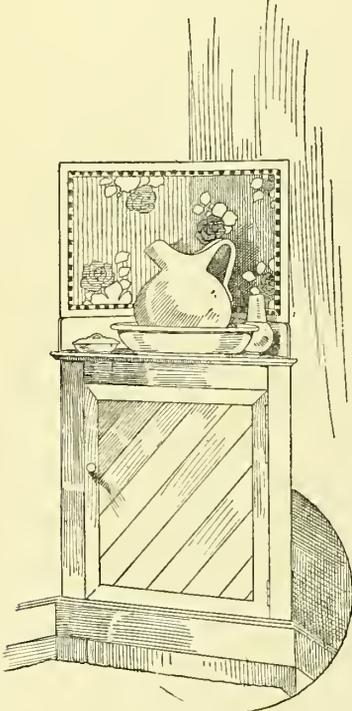


Fig. 200.

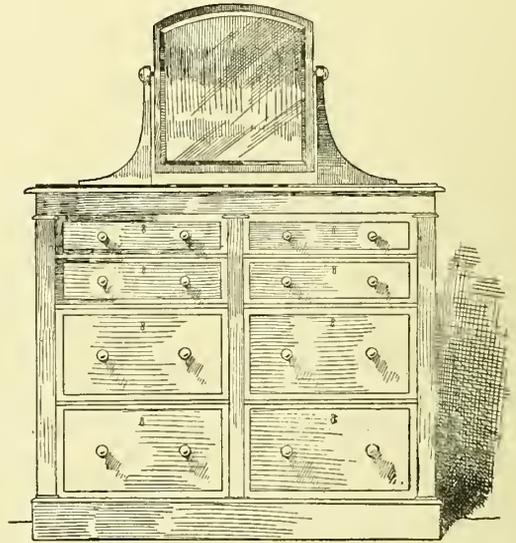


Fig. 201.

Servant's Bedroom Furniture.

Fig. 200.—Triangular Wash-stand.

Fig. 201.—Chest of Drawers.

and a curtain; but this arrangement is apt to be untidy, the curtains being soon rendered dirty and crumpled by careless handling.

There is one point on which a mistress should lay emphasis when arranging the daily work, and that is, that the servants' rooms should be properly attended to in the same way as those of the family. Although she should, as a rule, be as chary of entering her servants' bedrooms as she would be those of her guests, she must satisfy herself that this regulation is carried out, and that the rooms are neat, clean, and aired. A couple of sponge-baths should be provided and kept entirely for the servants' use, bath-towels being served out for the purpose.

Few persons of moderate means are in a position to allow their maids a sitting-room to themselves, and when not more than three servants are kept it is quite unnecessary to make such a provision. Indeed it is open to doubt whether the privilege is as much appreciated as is generally supposed, for it involves a good deal of extra work. If there is a third sitting-room not

regularly occupied by the family, it is only kindly to allow the maids to sit there in their leisure time, if they are so disposed, but it will probably be found that they will rarely take advantage of the concession.

The kitchen should certainly be made as comfortable and cheerful as is compatible with its main uses. A high dado of a neat varnished paper, with distemper above, a pretty linoleum on the floor, and a rug or two and some table-covers for use after the rough work is done—all these help to take away from the dreary unfurnished look common to so many kitchens. Windsor chairs with arms are comparatively inexpensive, and seat cushions in tidy button-on-cases of washing cretonne need not cost very much. A couple of carpet-seated folding-chairs may be provided for use in the evening, on condition that they are kept folded up during the busy time of the day.

Food.—In an ordinary middle-class establishment it is best to make as little difference as possible between the meals of the servants and of their employers, but it should be distinctly understood, that if the mistress chooses to give an order that a certain dish is to be reserved for the dining-room this is not to be resented as an encroachment on the rights of the kitchen. In many houses the kitchen breakfast consists only of bread and butter and tea or cocoa, but this is rather poor fare, especially in the winter, for a young woman to begin a heavy day's work on, and it is advisable to allow some simple addition, such as eggs, bloaters, or boiled bacon. Maids are apt to be very wasteful with fried bacon, and if given, it should be on the allowance system, which is not desirable in small establishments. If the breakfast is substantial and dinner is not later than 1.30 there is no need for the eleven-o'clock "snack" which prevails in some houses. The bill of fare for the kitchen dinner is generally the same as that of the dining-room lunch, but care should be taken that there is a sufficiency of wholesome plain food, including a good substantial pudding. Servants as well as their social superiors have likes and dislikes concerning food. A wise and kindly mistress will endeavour to consult their reasonable tastes, but those who "can't abide cold meat", or "never touch made-up dishes", should be gently but firmly shown the error of their ways. Curiously enough, girls who come from the poorest homes are often the hardest to please; in most cases they simply affect a fastidiousness they do not really feel, and if the mistress is firm, their various dietetic idiosyncrasies speedily vanish.

Many employers, however, fail to realize that servants often prefer a more highly seasoned, coarser style of food than appeals to cultured palates. Liver and bacon, pork, tripe, stuffed sheep's hearts—all these and many other dishes of the same kind are often liked, and there is no reason why they should not be allowed occasionally. But if the idea gains ground that economy is the sole motive for giving them, there will probably be trouble. It is no longer the custom in small households to allow beer, but milk, cocoa, and home-made lemonade may, if possible, be granted in addition to the usual tea. Beer-money should never be given. "Stewed

tea" is a beverage dear to the heart of the average maid, and in most kitchens the little black tea-pot stands on the hob all day. It is shockingly unwholesome, of course, and, together with sleeping in a stuffy atmosphere and eating at odd hours instead of at the proper meal-times, is responsible for much indigestion and general ill-health. This excessive tea-drinking, however, is a practice almost impossible to check even by the exercise of the greatest tact.

Meat is not necessary at supper, although, of course, if there happen to be any remnants left from the late dinner, which will not be wanted again, they may be used up, with the mistress's permission. Eggs and simple light inexpensive puddings may be added to the supper bill of fare, without increasing the cost alarmingly, and in a well-managed household, where the merits of the stock-pot are properly understood, a supply of nourishing soup should always be available.

Some cooks are very careless about the preparation and serving of the kitchen meals, but the mistress should stipulate, when engaging a new one, that the table be properly laid and the meals regularly and comfortably served.

Servants' Allowances.—When allowances are made, the weekly quantities for each servant are usually arranged as follows:—Tea, $\frac{1}{4}$ lb.; sugar, 1 lb.; butter, 1 lb. If bacon and cheese are allowed, about 1 lb. of each is given, or rather less of the latter. In a small family, where from one to three maids are kept, it is seldom advisable to have different qualities of such things as tea, cocoa, sugar, and butter. Possible discontent is avoided by having exactly the same things upstairs as in the kitchen, and the extra cost is not very important.

Leisure.—A conscientious mistress, who is not content to regard her maids as mere machines, but feels she has some responsibility for their mental and moral welfare, is often puzzled to know how she may best induce a girl to spend her leisure hours to advantage. Servants are so jealous, not unnaturally perhaps, of any interference with what they consider their "liberty", that they are apt to resent the best-meant efforts to provide wholesome recreation for them. With the manner in which a maid spends her "evening out", or her monthly holiday, her mistress cannot interfere unless she has good reason to believe it is actually discreditable. But if she takes into her service a young maid from a distance, she should certainly try to ensure her making the acquaintance of respectable girls, especially where there are no fellow-servants. Moreover, the "evening out" should not be granted to a young and inexperienced girl until she has found some suitable friends in the district. However inconvenient it may be to allow her to go out earlier in the day, the mistress should strain a point to do so, for much grave harm is often caused by letting a young girl, fresh perhaps from her quiet country home, wander about the streets of a strange town late in the evening.

Servants come from a class given to making acquaintances in rather a hap-hazard and guileless fashion, a habit that is dangerous in more ways

than one. In many quiet households it is possible to allow them to take a short walk during some part of every day in the summer, and twice or thrice weekly during the winter, and this regular exercise is far better for their health than roaming about the streets at night, or sitting in other people's kitchens. Unfortunately it is not to every servant that such concessions can be made; in too many cases the short daily walk would speedily resolve itself into seven evenings out a week. Here discretion must be exercised.

Has a mistress any right to insist on her servant attending a place of worship once at least on Sunday? If such a stipulation has been made upon engagement, the answer is, obviously, Yes; but otherwise, according to modern ideas, No. It must never be forgotten, however, that every mistress stands *loco parentis* to the girls placed in her charge; she is morally, though not legally, their guardian so long as they remain under her roof; if she bears this fact in mind it will help her to solve all such questions for herself.

In these days of cheap literature it is all but useless to attempt to prevent servants from filling their heads with the contents of rubbishy novelettes, which, if not absolutely immoral, are very nearly as harmful, by reason of the completely false and distorted views of life presented to their easily-impressed minds. But a tactful mistress may do something to influence a girl's taste towards better things by lending, not forcing upon her, carefully-chosen, wholesome, interesting tales, not tracts thinly disguised, nor stories specially intended for young servants. The better-class magazines should be allowed to find their way into the kitchen whenever possible, and there is no reason why the daily paper should not be read there after the work is done.

Dress.—A servant's costume should be, above all things, neat; her hair should be well brushed and carefully arranged; and when she comes downstairs in the morning she should be as tidy and clean as if she expected her mistress to be awaiting her at the bottom of the stairs. If she rushes down half-clothed and wholly unkempt, she certainly is not the "domestic treasure" that every housekeeper is in search of. It is desirable, though not always practicable, that all the servants of a household should wear caps and aprons of the same style, but if such a rule is adopted it is obviously only fair that the mistress should supply them. Big working-aprons and stout but not noisy shoes, such as the rubber-soled ones worn by hospital nurses, are essential. With the outdoor dress, except in the case of children's nurses, few modern mistresses deem it possible to interfere, although in some large establishments certain regulations obtain. A mistress can, however, often exert good influence over a young servant in the matter of her general attire, encouraging her to buy strong and useful rather than showy things, to make at least some of her own clothes, and to supply herself with a good stock of plain, warm underwear, which few of the younger generation possess. Then again a servant should, if possible, be persuaded to save something out of her wages. Many girls who are not lavish in their personal expenditure are inclined to be almost foolishly generous, giving away

every shilling they possess to relations who are not infrequently much less in want of the money than themselves. It should be impressed upon every servant that it is her duty to herself to put by a few pounds towards a rainy day, or towards her marriage outfit.

Perquisites and Visitors.—Perquisites should be absolutely forbidden. To this rule there can be no exception. Not a bone nor an ounce of dripping must be sold. What cannot be used in the family cooking should be given to some deserving poor person indicated by the mistress. The pig-tub is another institution which should not exist in a well-regulated establishment. Even in country houses where pigs are reared it is objectionable, and needs close supervision to prevent abuse. Christmas-boxes given by tradesmen to servants are much to be deprecated; the heavier the bills the bigger the yearly "tip", so it is naturally to the maid's interest to increase the expenses. As few tradesmen as possible should be allowed to call for orders; it is rarely necessary that they should do so, and the mistress should make a point of paying her weekly books herself, every unaccountable increase in the bills being noted and inquired into promptly. The visits of those nuisances, the old-bottle men and rag-and-bone merchants, should be strictly forbidden, as they have a knack of carrying away more than their ostensible purchases.

The question of visitors is a delicate one to deal with. Whether "followers" should be allowed or not is a problem which generations of mistresses have not been able to solve. On the face of it, it certainly seems less objectionable that a young woman who is engaged to be married to a respectable young man should be permitted to entertain him in the kitchen one evening in the week than that she should wander about the streets and lanes with him. But, unfortunately, the line between a legitimate engagement intended to end in matrimony and the mere "keeping company" with a strange youth picked up promiscuously is so ill-defined that such a privilege can rarely be granted without risk of its abuse. It should be made clear when a servant is engaged that although she may occasionally invite her father, mother, or other near relations to visit her, she cannot be permitted to have visitors perpetually "dropping in", neither may she invite anyone to a meal without obtaining permission. These rules will be found particularly necessary if the maid's kith and kin live within very easy reach of her place of employment, for even if she herself is sufficiently sensible to understand the objections to their frequent visits, the friends themselves are often much less considerate. Still, if the mistress is wise and kind-hearted, she will give a servant reasonable facilities for seeing her own people, and furthermore will show an interest in them, encouraging the girl to talk about them, for if single-handed her life must perforce be a very dull one. A tendency to idle chatter need not be fostered, yet between this and the absolute reticence which some ladies expect their servants to observe there is a wide gulf. It is possible to show some interest in a maid's affairs, her joys and sorrows, troubles and pleasures, unimportant as they may seem, without loss of dignity. Gossip between mistress and maid,

however, must be avoided, especially that concerning the doings of the neighbours, the indulgence in which has been responsible for many a violent storm in a tea-cup.

Servants' Leisure.—The amount of holidays allowed in the year is naturally a matter to be arranged on engagement, but, as a general thing, from a week to a fortnight's leave of absence is granted in the summer and from three days to a week about Christmas. Christmas is no longer a time of unbounded feasting and jollification in the kitchen, yet it should, even in very modestly-ordered establishments, be signalized by some special indulgences. Most mistresses give each servant some small present on the occasion, but only the minority, it is to be feared, consider the girls' tastes much. A dress-length of serge, a woollen shawl, a piece of print—all these may be very sensible and useful gifts, but they are emphatically not pretty, and a Christmas present should at any rate be tolerably attractive to the eye. A set of initialled handkerchiefs in a pretty Japanese box, a neat silver-mounted purse with perhaps a piece of money in it, a smart umbrella, or a nice little work-basket—such things as these will cost but little, if anything, more than the "serviceable" linsey-woolsey or the sober-lined petticoat, but they will be infinitely better liked by the recipient, especially if each gift is neatly tied up with gay ribbon and accompanied by a pretty card or calendar. It is not so much the actual value of the gift that appeals to the maid, but the fact that its nature shows that "missus" took some pains over its choosing.

Wages.—Wages still vary much in different localities, although the upward tendency is steady and universal. In most country places from £10 to £14 is the usual amount to pay a "general", while in London and its neighbourhood the same grade of servant would ask and obtain from £15 to £20. A house-and-parlourmaid rarely gets more than £15 or £16 in the provinces, whereas in a large town she might be paid as much as £20 or £22. The wages of a "plain" cook range from £18 to £25, while a "good plain"—or "good soups, *entrées*, and pastry", to quote the advertisements—can command anything from £25 to £70. Wages are usually paid monthly, but in some establishments quarterly or half-yearly payments are the rule, and in a few old-fashioned houses the custom still prevails of having a yearly pay-day only. When this latter plan is adhered to, "advances" are made to the servants at regular intervals. It is best to give a yearly rise up to a certain sum, fixed on engagement, rather than to begin with the maximum. The washing allowance ranges from 1s. to 1s. 6d. per week. If elaborately-trimmed white aprons and caps are expected to be worn, and frequently changed, the higher sum will not be too much.

When servants are left in the house during the absence of the family they are usually put on board-wages. These range from 8s. 6d. a week in country houses, where vegetables, milk, &c., are supplied free, to 12s. 6d. in town establishments managed on a fairly liberal scale. If the house is closed when the family is away, and the servants have to find their own accommodation, either their fares should be paid to their homes or an extra

allowance made for the cost of their lodgings. A mistress should make certain, as far as she possibly can, that they will be in comfortable and respectable quarters during her absence. Although there is much to be said against leaving young servants alone in a house, yet, on the other hand, it is not right to turn them out to seek a temporary dwelling without taking some pains to ensure their comfort and safety. When several are left in a house it is usual for them to club their funds and intrust the cook with the general management and catering, but this, of course, is a matter for themselves to arrange.

Servant's Illness.—The illness of a servant, even where a number are kept, is a sufficiently serious matter, but when one or two make up the entire staff, a complete disorganization results. In such cases the mistress has to find temporary and generally unsatisfactory help, or to do the work herself, besides looking after a patient who is often exceedingly difficult to manage.

Legally an employer is not bound to defray the cost of medicine and doctor's fee for his servant unless the doctor is called in by his order, but no one possessing ordinary humanity is likely to take advantage of this. Still, when the illness is likely to be long and serious, it is truest kindness to send the servant to a hospital, unless the resources of the house are quite equal to the strain on them. Not many years ago such a proceeding would have been considered almost brutal, but fortunately the prejudice against hospitals is fast dying out. The responsibilities of the mistress can scarcely be considered to end at the hospital door, however, for it is her duty to ensure, to the best of her ability, that the maid, even if she is not returning to her service, has proper provision made for her until she regains sufficient strength to resume her work. A friendless girl necessarily discharged from a crowded hospital before she is fit to earn her own living, is in a very sad position indeed.

That the modern servant often requites her mistress's care and kindness very badly is undeniable. Yet this fact in no way lessens the employer's responsibilities, and when all is said and done it is the household where the servants are well and justly treated, neither petted nor overworked, unduly indulged nor incessantly scolded, that is most thoroughly comfortable and satisfactory from every point of view.

COOK'S DEPARTMENT.

Cook's Personal Appearance.—The care of the person is primarily a matter of health and comfort, but it is also cultivated for the sake of appearances. A cook's hair and hands require special attention. Daily brushing to free the hair from dust, and a tidy method of dressing it, are important. The hands are best washed in hot water before commencing pastry making, or whenever a cool hand is necessary. Thorough drying is important, for carelessly dried hands are always "grimy", and soon become chapped and rough.

The removal of stains and odours from the hands is a matter which the cook should not neglect. Slight discoloration, treated promptly, will be removed by lemon-juice. Even a cut lemon from which the juice has been squeezed should not be thrown away, as a daily rubbing will improve the colour of the hands and assist in keeping them smooth and sweet. For strong odours, such as onion or garlic, a solution of borax is excellent. A simple remedy for burns and scalds in a convenient, fixed place in the kitchen is very necessary. Nothing is better for this purpose than "Carron oil"; it will keep for years, and can be obtained from any chemist. If the finger-nails are to be clean, they must be cut short.

Cook's Dress.—The comparative merits of the various kinds of under-clothing are fully discussed elsewhere, but, in passing, it may be noted that a pair of warm, easy-fitting stockings are useful for those who have to stand much. Badly-fitting shoes, down at heel, with thin soles, are common enough, though nothing is more productive of a general tired feeling. The shoes should have fairly stout soles and broad heels, decidedly low, and should fit comfortably. Thin soles tire the feet and absorb moisture, and many cases of coughs and colds are due to damp cold feet. High heels throw the weight of the body on the front of the feet, and—a most important point—the muscles of the back suffer from the strain. Finally, tight shoes or boots impede circulation, and so cause cold feet.

The gown should be of washing material all the year round, but stout stuffs are, of course, needful in the winter. Among the best are drills, Oxford, galatea and regatta cloths. For summer wear, hollands, linens, or linen-finished cloths are all excellent, while the time-honoured lilac prints both look and wash well. The objections to woollen gowns are many. The dust from flour and other cooking material, as well as from coal ashes (inseparable from the cook's work, however carefully she does it),

gives the gown a dingy look. Grease splashes, too, must be frequent; hence, in a short time the garment acquires an unpleasant odour. When of dark colour, and worn for months at a stretch, it is apt to be especially offensive. In any exceptional cases where cotton cannot be worn, the next best thing is a thin washing serge of gray or other light colour. It is worth noting, with regard both to cotton and wool, that diagonally-woven fabrics wear the longest.

The best make for the gown is the well-known and easily made "Princess" style (fig. 202). This dispenses with waistbands, of which the fewer the better where active labour is in question. The sleeves must fit easily, for pressure on any part of the arm muscles is fatal to good work. With a tight sleeve many of the most important of the kitchen duties will be indifferently performed, for example, the kneading of dough, the whisking of batter, the creaming of butter, and all kindred operations. Neatness and comfort should be the motto; and those who have hitherto given no thought to the matter, but are willing to test for themselves, will be surprised to find how greatly work is facilitated by suitable and properly fitting garments.



Fig. 202.—Cook's Dress.

The minor details of the cook's costume in the matter of aprons and sleeves should be rigidly observed. The former are best of stout "dowlas" for rough work; while for cooking operations linen or diaper is most useful. A good-sized bib and a capacious pocket are essential. Sleeves which cover the elbows are comfortable and protective. A draw-string at the top, with or without a frill, is to be recommended; but a plain cuff or wristband is preferable to a wrist frill. A cap, to fulfil its function as a head-covering, must be of good size, and substitutes for the real thing will be discarded by practical people. Many of the shapes worn by nurses are just as suitable for kitchen wear, especially those with a draw-string that open out flat for washing.

THE COOK'S DUTIES.

Qualifications of a Good Cook.—The primary duty of the cook is to recognize her responsibility in connection with the kitchen and its adjuncts, whether the actual amount of work is great or small, and whether the mistress gives assistance or not. Otherwise, "anybody's work" will be "nobody's work"; and, further, she may be tempted to relegate to another something within her own province. She must also be made to grasp the fact that she is not omniscient, and that, however competent, she has a great deal yet to learn.

Few so-called good plain cooks of the day are to be depended upon entirely. One is very good at pastry, but unable to make melted butter; another thoroughly understands joints, but always fails with soups. The cook must be practical and master the various branches, commencing with the plainest dishes. For every failure there is a reason, and the remedy is often close at hand. Intelligence must be brought to bear, and the making and baking of a simple cake or loaf of bread should be thoroughly learned before elaborate sweets are attempted; knowledge gained in an elementary department always counts in the advanced. If a roast joint is served well, and the hash is tender, with the gravy free from grease, the making of entrées need cause no alarm. Every simple dish served to perfection means a step towards perfect service of the more complicated and difficult dishes.

Cook's Daily Duties.—It is not possible to do more than give a broad, general outline of the work which must be performed in an average household. The first thing is the preparation of breakfast. Punctuality here is especially necessary, as hurry in the morning means hurry all day. A littered kitchen has a most dispiriting effect; therefore, as much work as possible should be done overnight. Probably the care of the dining-room or breakfast-room—at any rate of the fire—or of the hall and steps, and the brass-work outside, may fall to the cook. Kitchen, scullery, and larder have to be swept, dusted, and tidied, and mats and rugs shaken or beaten. The wiping of the bread-pan, the scalding of milk jugs, and the overlooking of provisions liable to spoil, are some of the little duties that young cooks are apt to omit unless they are supervised by their mistresses.

The actual work done before breakfast depends upon the time fixed for the meal, as well as upon the season of the year. A plentiful supply of hot water should be secured, and where the boiler is not self-filling, it should be filled overnight. Cinders should be sifted, not merely for economy, but also on account of their usefulness when a bright fire is wanted quickly.

As soon as possible after breakfast orders for the day should be given and acted upon. It is, however, advisable to look ahead, and if they can be given for the morrow, better meals at less cost will be obtained.

The cellar and its contents must not be out of mind because out of

sight; and the earlier the steps are swept down the better, since it is useless to tidy rooms on the ground-floor if dust and dirt are brought up on the feet from below. A daily clearance of odds and ends occupies but a few minutes, but at longer intervals the work will become quite formidable. What is useless is best got rid of at once, and what has a use should be put in its place. This habit, once formed, can be easily kept up, and brings its own reward.

The answering of bells at the back-door falls to the cook in the forenoon, and in many houses throughout the day, but at dishing-up time some reciprocal arrangement with a fellow-servant is advisable, and no sensible mistress will object. The leaving of some dishes at a critical moment means the spoiling of them. After the kitchen dinner the kitchen should be made neat for the afternoon, and where late dinner is the rule, the initial preparations should be made as early as possible.

The cook should be taught to exercise forethought, to look a little in advance of her immediate duties. The stoning of raisins, washing and drying of currants, shredding of candied peel, blanching of almonds, grating of dry cheese, sieving of bread crumbs, and drying and pounding of bread crusts for "raspings", are a few of the operations that can be performed in advance. They facilitate the making of little dishes for emergencies, as well as the general work of the day.

The Meals —Of the meals, the dinner at any rate, whether early or late, should be planned a day in advance. Fag-ends must be dealt with, particularly in hot weather, on the spur of the moment; but, except in emergencies such as sudden illness or unexpected visitors, there is nothing to prevent the prearrangement of the main dishes. The system prevents monotony and ensures better work; instead of a hasty decision for to-day because time presses, there is a leisurely consideration for the morrow, and plenty of time is allowed for the proper cooking. To order at ten o'clock lentil or pea soup, or boiled pork and peas-pudding, or a beef stew, or steak-and-kidney pudding for dining-room luncheon or the servants' dinner at one, leaves too short a time, even if all the food required for the purpose is in the house. So, again, a pudding, however simple, that contains suet often wants several hours' cooking. If orders are not given in advance, the cook may find herself without some important ingredient at the last minute. The mistress should note daily on the kitchen slate the articles required; those in daily use should not be allowed to run out, while there should be a few others for emergency.

It happens sometimes that an inexperienced housekeeper plans, or is persuaded into consenting to, a menu which is not only beyond the personal powers of the cook, but by reason of its quantity or quality, or both, taxes unduly the capacity of the kitchen apparatus. Therefore, it will be well not to compel or allow the cook to attempt too much; better a few dishes perfect in detail than twice the number lacking some important adjunct or badly cooked and served. Again, some expect too many hot dishes, and consequently get them lukewarm. It is equally important that cold dishes be served cold, that is, that they be made in

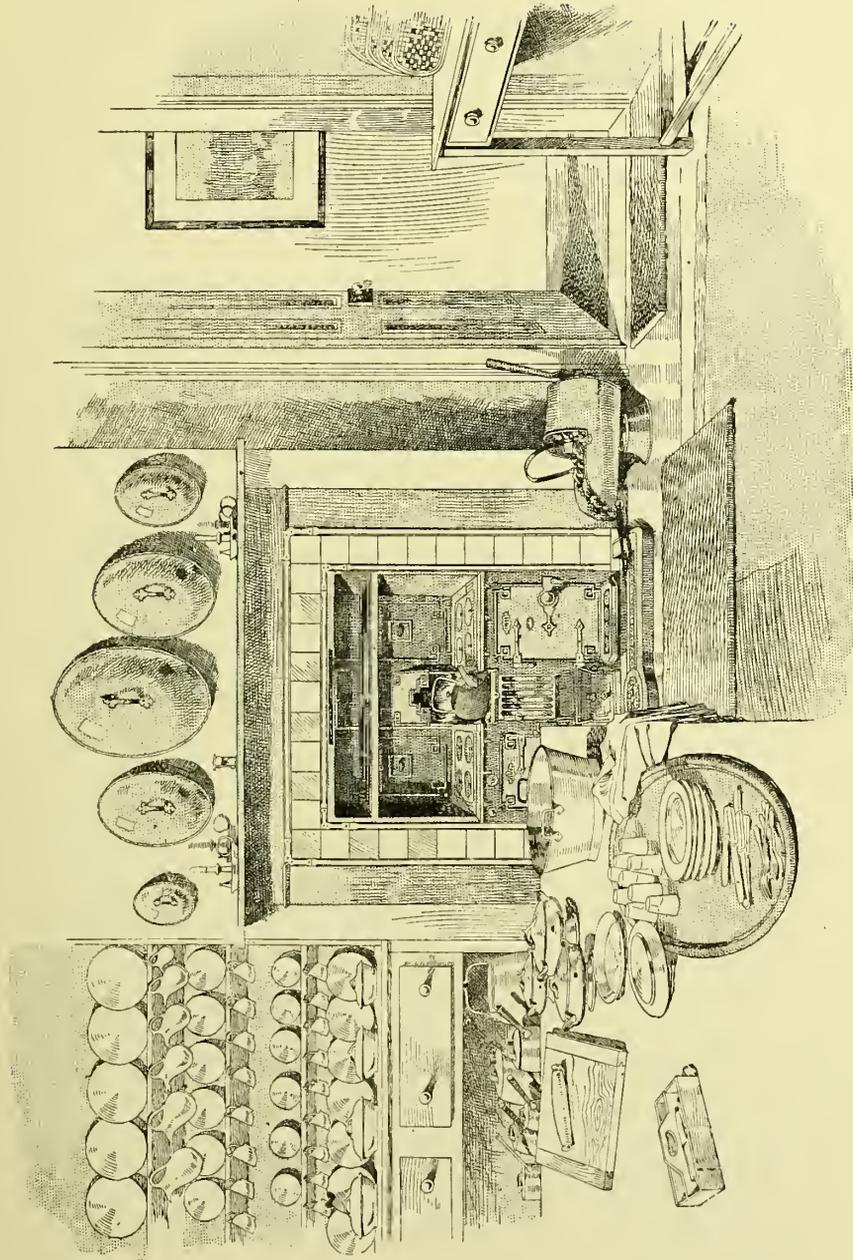


Fig. 203.—Kitchen, with Double-oven Range.

plenty of time. Further, the order of dishes in relation to their colour and flavour must receive attention. The reconsideration possible in the case of a menu ordered in good time will often lead to the rectification of errors committed in respect of any of these matters.

Punctuality is a virtue important to all, but indispensable in a cook. It is just as easy, once the habit is formed, to serve meals to the minute as to be always ten minutes late. At the same time, she should make a study of what may be termed "dishes in waiting", dishes which can be partly prepared beforehand and then finished off when they are wanted.

Unless she is a tidy and methodical person, it is impossible for her to perform her duties properly. A table is easier to work on when it is clear than when littered from end to end. It takes almost as long to move articles from place to place as to put them away at once; the former practice means waste of labour as well as of time. Moreover, food or food utensils left about produce bad smells, and attract flies, mice, and other pests. Little drops of milk allowed to turn sour, and butter and lard left in paper, mean a lamentable loss and much discomfort and inconvenience.

Waste.—Waste in the kitchen is a subject on which a volume might be written. It is dealt with in "Household Economy" and elsewhere in this book, but it cannot be mentioned too often. Very many persons make the mistake of associating waste only with food actually thrown away, and so long as they do not toss remnants into the gutter or dust-bin they feel that they have done their duty in this respect. But the food wasted by bad cookery exceeds in amount that wasted in all other ways combined.

Food prepared in excess of requirements forms also an imposing item in many homes, but, because the fact is usually unsuspected, the evil is unchecked. Adjuncts such as sauces and vegetables, especially potatoes, are very likely to be wasted in this way. Bad habits grow, and in times of scarcity and consequent dearness of common commodities little leakages in the household purse become serious matters.

Use of the Dust-bin.—It is not enough that the cook should herself abstain from misuse of the dust-bin; she must see that no one else throws into it anything that can set up putrefaction. It is not the place for moist refuse of any sort; hence tea leaves, as well as vegetable peelings and animal refuse, must be rigidly excluded. A cover should be provided, and frequent emptying should be insisted upon. The best form is a portable pail or box (fig. 204).

Cook's Weekly Duties.—The weekly duties vary with circumstances. Orderly habits greatly reduce the amount of periodical work that is necessary, but there are always weekly cleanings to be done, a complete turn-out of the kitchen, floor-scrubbing, the cleaning of linoleum or shaking of matting, the sweeping and beating of mats, extra attention to the range and flues, and perhaps to the gas-stove, and the cleaning of the floors and shelves of the pantry and other rooms belonging to the kitchen department. Where space is scarce such things as jams and pickles are kept on the pantry shelves, which should be brushed occasionally, a dry day being

chosen when there is plenty of wind. The kitchen cupboards may not need scrubbing weekly, but tables and dressers, covers, moulds, and bright utensils of all sorts, windows, blinds and curtains, and the cook's own bedroom, with any other she has charge of, all will require attention. A special day for small duties, such as the filling of jars, should be observed. The cleaning of the cistern and the removal of fur from tea-kettles and boilers are periodical duties not to be neglected.

As regards the particular days of the week or times of the day for the performance of these tasks each house must have its own regulations. Many servants make the plea of having "all clean for Sunday" the excuse for deferring as much work as possible until the end of the week, when it is apt to be done in a slovenly manner. The washing of cloths and the cleaning of bedrooms can be done as well early in the week, so as to leave the end for the kitchen. So long as nothing is shirked, it is often wise to

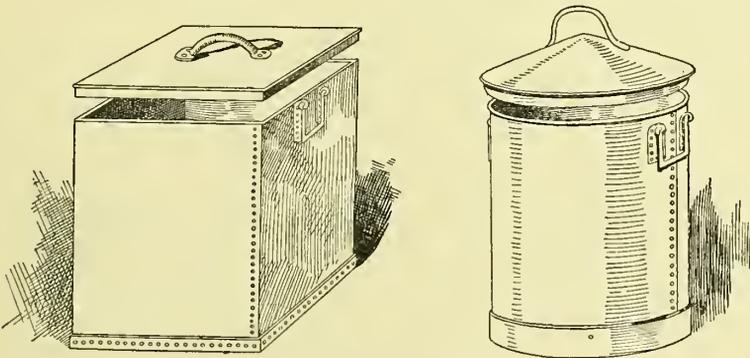


Fig. 204. — "Sanitary" Dust-bins.

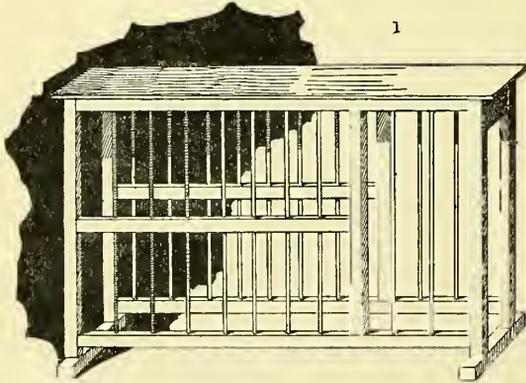
leave the precise arrangement to the cook. Although she should, as a general rule, have certain days for particular duties, a departure from this order should be permitted whenever extra cooking, the making of jams and pickles, or anything else necessitates it.

Extra Duties.—Too much emphasis cannot be laid on the necessity of a perfectly clear understanding as to what is expected of a cook outside her own domain. This is an important matter in the case of all servants, but especially where the cook is concerned. The amount of extra assistance a cook or cook-general is able to render must depend on circumstances, for instance, the style of living, and the frequency of visitors. The difference between a breakfast of tea or coffee and boiled eggs, supplemented by preserves, and one of grilled fish or kidneys, an omelet or fritters, and hot toast, with perhaps porridge besides, will serve as an illustration. In the first instance the cook could be away from the kitchen up to a quarter of an hour before serving breakfast; in the second the initial preparation, the actual cooking, and the serving precisely to the minute if the dishes are to be worth eating, will demand her whole attention. Again, where cold breakfast dishes are usual, and the mid-day

meal consists of chops or a hash with a simple milk-pudding, the cook is able to lend a hand here and there to an extent which is impossible where dainty little hot dishes, not of necessity costly, must be prepared.

During the spring-cleaning, or in case of the illness or holiday of a fellow-servant, or the absence of the mistress, the cook's practical assistance or advice in various household departments may be wanted, and there is no objection to this so long as due notice is given, and the daily work of the kitchen arranged accordingly.

Where home washing is the rule, help in starching and ironing is frequently expected, as well as the washing of all the kitchen towels. In houses where only a second young servant is kept as a general help, the cook may be held responsible for the



proper performance of many duties which properly belong to the housemaid, such as the washing of glass, china, and silver, unless the mistress undertakes them.

"Kitchen knives and master's boots" are given by many writers as among the cook's ordinary daily duties: but they come more fittingly in the present section, since, with a boy or handy man about the house, she is usually relieved of such jobs.

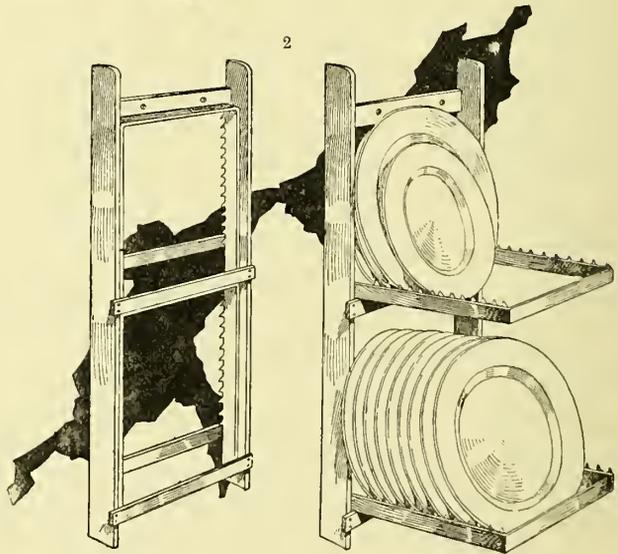


Fig. 205.—Plate-racks.

1. Ordinary pattern. 2. Helplmate Folding Plate-rack, closed and open.

With a right preliminary understanding, the mistake of engaging as a "cook-general" a person who has only applied for a "cook's place" will be avoided. The duties of the former class of servants differ according to the style of living and the amount of assistance rendered by the mistress.

Washing up.—The washing of all utensils as soon as possible after use is greatly to be recommended, while the leaving of anything longer

than is necessary should certainly not be tolerated. The cook who habitually puts dirty sauce-pans aside until the next day has a very inadequate appreciation of her duties in this respect. It is very important to start with clean cloths and brushes for pans and sink; they should be washed daily after all else, and then dried in the open air. Hot water with soda or borax and a rinse in clean water is sufficient; an occasional boiling is, however, good for the cloths. The actual washing up may be reduced by a little forethought in the removal of the "first coat" of grease from knives and plates and dishes. Paper (including newspaper) will do for the purpose; keep odd pieces on a nail, and burn them as soon as used. If grease spilt on stove or kitchen floor is removed in the same way, the necessary washing of cloths is reduced considerably. Remove all fragments of food

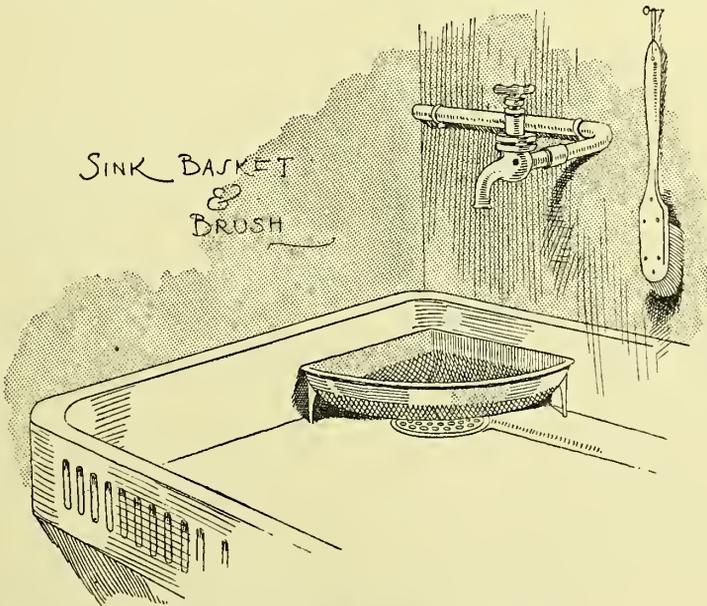


Fig. 206.—"Sanitary" Sink-basket and Sink-brush.

from plates and dishes, and wash them in hot water with soda; then rinse them in a second supply of cold water, using another clean cloth. Do not allow these cloths to get mixed, but keep each always for the same use. Drain in a slanting direction, or wipe with a cloth, if there is no plate-rack (fig. 205) at hand. Remember that hot water must be really hot; a small supply of boiling water is better than a large quantity of lukewarm, with which proper washing up is impossible. Fat that has hardened upon plates and dishes, and cannot be wiped off, should be scraped off. Knives want careful drying as well as washing; no metals left damp or greasy can take a polish.

After all the utensils have been cleaned, wash the tubs, dry them, and put them out of doors. Then flush the sink with boiling water and soda, and flush it again freely with cold water. This helps to prevent unpleasant odours and ensures freedom from grease. The sink-brush (fig. 206)

should never be used for any other than its proper purpose, and must be rinsed after use. Disinfectants are good things in their place, and a strong solution of permanganate of potash may be poured down the sink as required, but daily cleaning is of paramount importance.

CARE OF UTENSILS.

For the sake of easy reference the utensils common to the kitchen are separately dealt with below; but the same general principle applies to all. Leave nothing dirty that can be cleaned at once, and do not attempt to polish any metal vessel that has not first been freed from grease and properly dried. A final rub with crumpled paper after the cloth has been used ensures thorough drying, and absorbs any trace of grease that may have been left. Tinware of all sorts, from sauce-pans to gravy-strainers and dish-covers, should be treated in the same manner. All articles should be dusted before use; and although this is especially needful for jelly-moulds and everything used for delicate cookery, it is well to form the habit and in no case to omit it, for it is the only way of guarding against the admission of foreign substances.

The lids of sauce-pans want minute attention. Many cooks polish up the outside and leave the inside of the rim dirty. This means the spoiling of the colour of white soups as well as of the flavour of anything cooked in the pan. Where polishing-pastes are used, care is needed to ensure that only a small quantity is applied, and that it is removed with the polishing cloth; also that none gets into the interior of the lids, where it is dangerous as well as dirty.

Metal Pans.—When iron pans are left sooty at the bottom, the contents take longer to boil, and are much more likely to burn. An old pan should be kept for boiling onions, as it is most difficult to get rid of the flavour.

For copper sauce-pans and stew-pans have at hand a mixture of two-thirds of fine silver sand and one-third of salt; soap the hand, then dip it in the mixture, rub the inside of the vessel clean, rinse in warm water and dry it. Then treat the outside in the same way. There is no objection to the use of a cut lemon for the removal of external stains. These utensils must be re-tinned as soon as the coating begins to wear off, and should not be used for acids.

Aluminium pans improve the appearance of the kitchen, and are now used by many in preference to copper. The makers issue directions for cleaning, and sell a paste for polishing. Nothing is more easily kept clean than aluminium.

The best steel pans are the "sanitary seamless". Clean inside and out with a soapy hand dipped in sand, and polish outside with a leather dipped in powdered whiting. Never omit the final washing and drying of the interior.

Tin pans are cleaned in the same way. The "block" tin are excellent, and those with copper bottoms are to be recommended for hard wear.

Enamelled pans may be of either steel or iron. The former combine lightness with strength; the latter are more durable if care is taken to prevent cracking. To clean the enamel, proceed as in the case of steel; but if it is stained, follow the directions for copper. Thin, low-priced enamel ware is better avoided, as the enamel chips and the contents are apt to burn.

Tinned iron pans, black outside and bright inside, are useful for many purposes; perhaps on account of their unattractive appearance they are sometimes neglected.

Earthenware Pans.—The "fireproof" china is highly recommended for sick-room and refined cookery generally, for it is non-absorbent and as readily washed as a tea-cup. Fireproof earthenware is lower in price and much stronger; the outside is rough and the interior glazed. This is admirable for stews and curries. Any burnt patches must be promptly removed. The same remark applies to the common earthenware stew-jars and baking-dishes, which may fittingly be grouped with sauce-pans. Those with glazed linings are the best, being so much more easily washed. It is owing to the absorbent nature of unglazed ware, and the difficulty of washing it perfectly, that after it has been a short time in use complaints are sometimes heard that everything cooked in it has the same taste. After use it should be filled immediately with clean water, and washed with plenty of hot water and soda.

A "scrapper" which accommodates itself to a pan of any size or shape is a convenient thing, which should be in every kitchen. A blunt knife or a bit of hoop-iron may be used as a substitute.

Never put a pan away damp; give it time to dry in a warm place, though not close to the fire, turning it as needed. The pans will be more efficiently aired by being placed on a latticed than on an ordinary solid shelf. The lids should not be left on, but should be hung below the pans.

A weekly boiling of sauce-pan lids, or a wash in hot soapy water, is strongly recommended.

Wooden Articles.—All kinds of wooden articles, tables, and boards should be cleaned as follows:—Wash first with a clean flannel wrung out of hot water; rub a little soap on the brush, dip it in fine sand, and scrub with the grain of the wood. Rinse very thoroughly to remove the last traces of grit, and dry well with a clean stout cloth. To remove obstinate grease marks, a paste of fuller's-earth and hot water should be made, and spread on thickly. It should remain for a couple of days, when the articles may be treated as described.

Jelly-bags and Pudding-cloths.—Jelly-bags and pudding-cloths require separate attention. The former must be emptied at once and put in hot water, which should be stirred with a stick and renewed once or twice, enough cold water being afterwards added for the bags to be wrung out by hand. They should be rinsed finally in clear water, pulled into shape, and dried in the open air. Wrap them up before putting in the drawer.

Pudding-cloths should be scraped if necessary, and boiled in plenty of hot water with a pinch of soda and no soap; they should then be well rinsed, dried in the open air, and kept in a clean place.

Sieves.—Few kitchen articles are more abused than sieves. They are often used only in the middle, which is soon in a hole, or allowed to become ellogged at the edges, only the centre being properly washed. When washing is really needed, put the sieves, whether of wire or hair, into water to soak until washing-up time comes. Wire sieves must also be brushed, and are best left under the tap for the final rinsing. “Brass wire” allowed to become green is not only dirty but dangerous. The wooden rims should be scrubbed in the usual manner.

Tinware.—A jelly-mould would be ruined if employed for a Christmas-pudding, and a cake-tin, suitable for a plain mixture requiring an hour to bake, would be inadequate for a rich plum-cake requiring six or eight hours. Something much stouter is needed for the latter; very low-priced

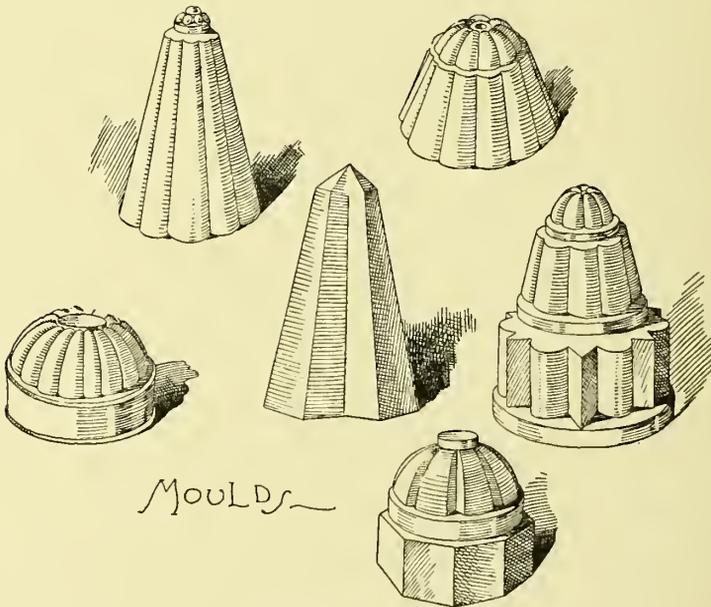
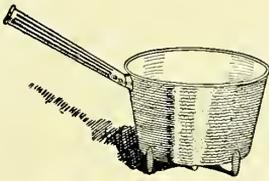


Fig. 207.—Fancy Tin Moulds.

tinware, however, is useless for anything that has to be baked. Dripping-tins used for different things, such as Yorkshire-puddings and gingerbread loaves, will last longer if they are fitted at the bottom with hoop-iron. The same is true of bowls for the kitchen sink, and other articles from which long wear is expected.

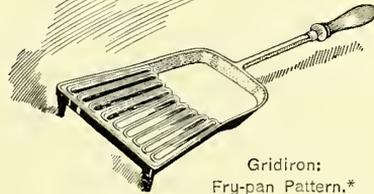
For the stout articles, including oven baking sheets—these are better of steel or copper, however—which are apt to be burnt, scraping and brushing are needed; sand assists the removal of the burnt parts. They may then be polished, but if whiting is used, see that none remains in any of the corners. Whiting or anything else of a cloggy nature is altogether



Skillet or Stew-pan with three legs.*



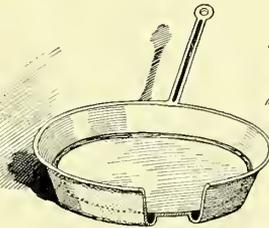
Pot Digester.*



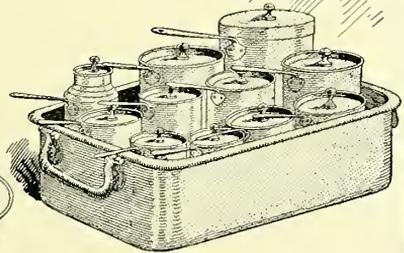
Gridiron:
Fry-pan Pattern.*



Double Sauce-pan.*



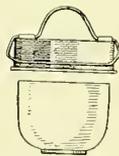
Dean's Patent Grilling Pan.*



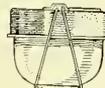
Set of Copper Bain-Marie Pans.†



Nest of Sanitary Seamless Steel Sauce-pans and Covers (handles loose).‡

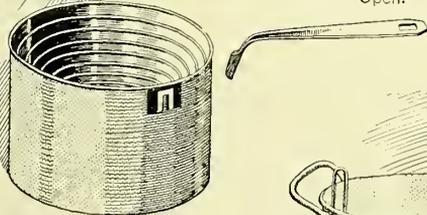


Open.

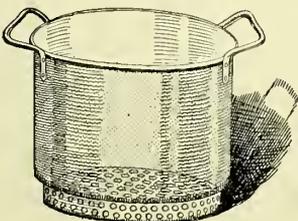


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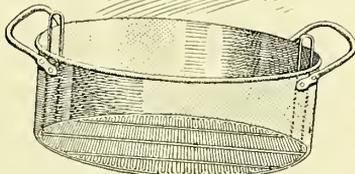
The Queen's Pudding Boiler (no cloth used).§



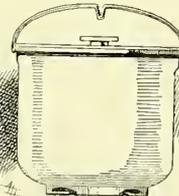
Nest of Sanitary Seamless Steel Sauce-pans and Covers (handles loose).‡



Sanitary Seamless Steel Steamer.‡



Sanitary Seamless Steel Fish Fryer, with wire drainer.‡



Gourmet Boiler (stands inside sauce-pan).§



Brough's Patent "Lucky Kettle".*

* T. & C. Clark & Co.,
Wolverhampton.
† W. Sugg & Co., Ltd.,
London, W.C.
‡ Gourmet & Co.,
London, W.C.

unsuitable for such utensils as strainers, frying-baskets, or egg-whisks (fig. 208). These must be perfectly washed and dried. The exteriors of patty-pans and tartlet-tins (fig. 209) must be as clean as the interiors, or the next

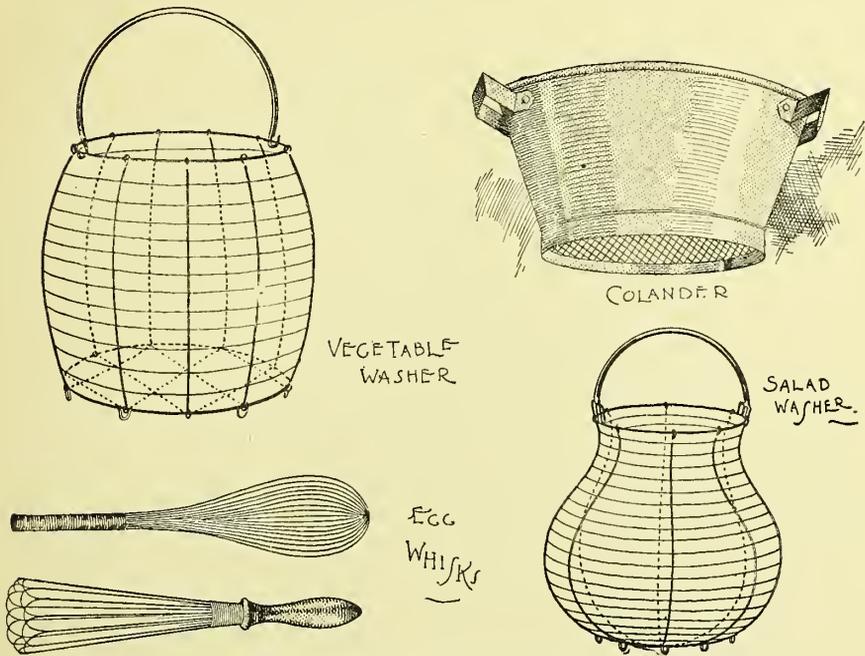


Fig. 208.—Wire Utensils for Kitchen use.

“batch” will burn. When it becomes really necessary to wash store canisters with hinged lids, they must be dried by the fire for some hours

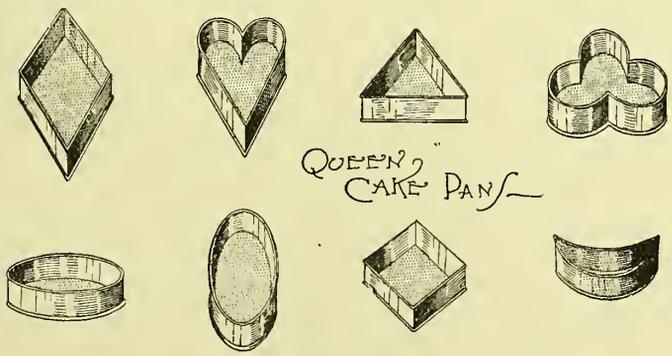


Fig. 209.

before they are re-filled, or the hinges will rust and the canisters soon become lidless.

Though well-brightened tinware—particularly a row of dish-covers—improves the appearance of the kitchen and is a source of just pride with many cooks, yet enamelled articles save much labour and have many good

points. *A propos* of covers, never neglect the insides; otherwise they will impart an unpleasant flavour to the food.

Tinware has been dealt with at length because every kitchen contains a large number of tin articles. Of course all kinds of copper and other vessels may be cleaned according to the directions for sauce-pans.

THE KITCHEN RANGE.

To avoid confusion, all ranges that require fixing, *i.e.* setting, will be spoken of simply as ranges, while the portable ones will be termed "kitcheners". The majority of people in England are, as regards the choice of a range, dependent upon the landlord, but those who, like most tenants in Scotland, are free in this matter, will be well advised to procure the best kind that they can afford.

The important points are—simplicity; good material, with plenty of strength in the parts subjected to hard wear; a moderate consumption of fuel; an even and regular diffusion of heat, with an easily-regulated supply of it to any part of the stove, whether hot-plate or oven.

The advantages of the kind of range known as "convertible", a close range that can be changed into an open fire, are—that after the cooking of the day is over, it gives an open, bright, and cheerful fire, requiring no regulation of dampers; that it keeps the kitchen well ventilated, is useful for airing clothes, and makes a comfortable fire to sit by; that the consumption of fuel is small, not more than a fourth of what would be used if the range were always closed; and that, when the fierce draught of the close fire is stopped, it burns for hours without attention. The convertible arrangement should be simple, so that the change may be effected quickly.

Dampers.—Dampers are sliding plates intended for regulating the draught and consequently the speed of combustion. The ordinary dampers leave a good deal of guesswork to the cook, even when she takes the trouble to manipulate them. Patent indicating dampers (fig. 211) show the speed at which the range is working. This is of marked advantage with two ovens, when a fierce heat is wanted in one and a moderate heat in the other.

Flues.—The illustration (fig. 212) should be of assistance to those whose ideas about flues are somewhat hazy, not only in their relation to oven heat, but also in the matter of construction and cleanliness. Servants often think that when they have opened one or two of the doors and swept away the soot within reach, they have cleaned the flue properly; it is absolutely necessary that the brush should follow the flue throughout its entire length, and for that reason its course should be traced and understood, otherwise some portion of it may be overlooked. When once the principle has been grasped, the rest is simple. Detailed instructions for cleaning the flues are given beneath the diagram.

Complaints, some of them well founded, are often made about ranges

with insufficient bottom heat; indeed, it would be as easy to get the water in a tea-kettle to boil by applying a light to the lid, as to bake anything properly in an oven that only gets top heat. The best range in the world

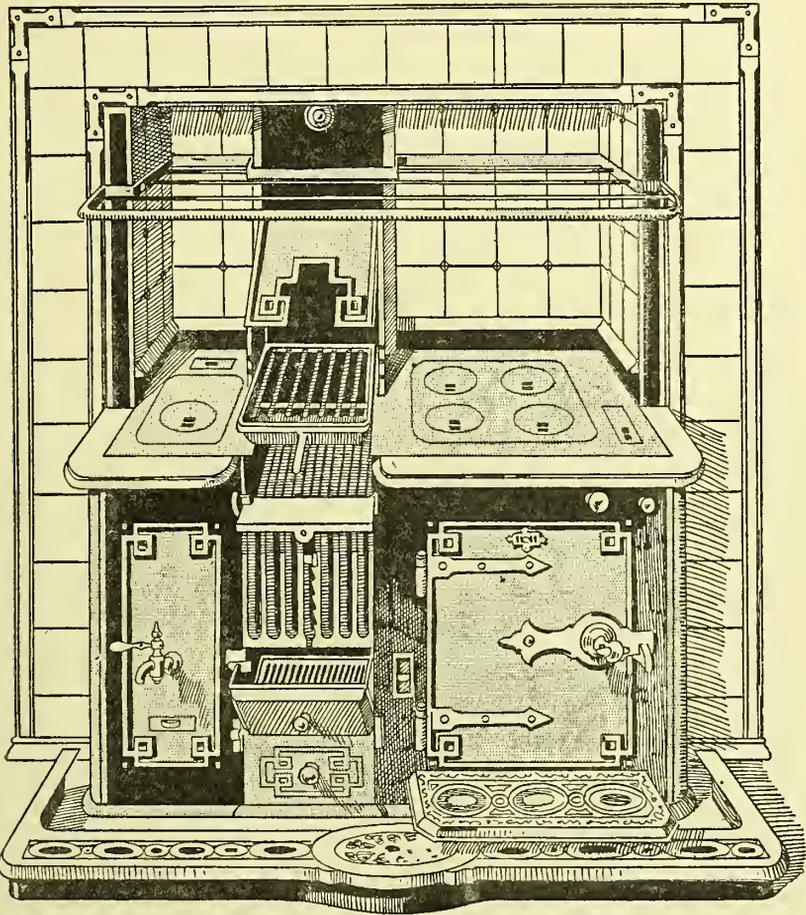


Fig. 210.—“Convertible” Kitchen Range. (By Eagle Range & Gas Stove Co., Ltd., Birmingham.)

The range is shown as adjusted for an open fire. The size of the fire can be decreased as desired. Plate-rack is fixed above, and a cinder-sifter is fitted under the fire.

is spoilt by unskilful setting, and whenever the workmen of the manufacturer are within reasonable distance, they should be employed. It may be well to emphasize the advantages of iron over brickwork flues. How



Fig. 211.—Patent Indicating Dampers. (“Eagle” Range.)

ever well set at starting the brickwork may be, it is liable to become disconnected from the range, causing the flues to leak into one another. When this happens, the dampers cannot fulfil their purpose, and the range must

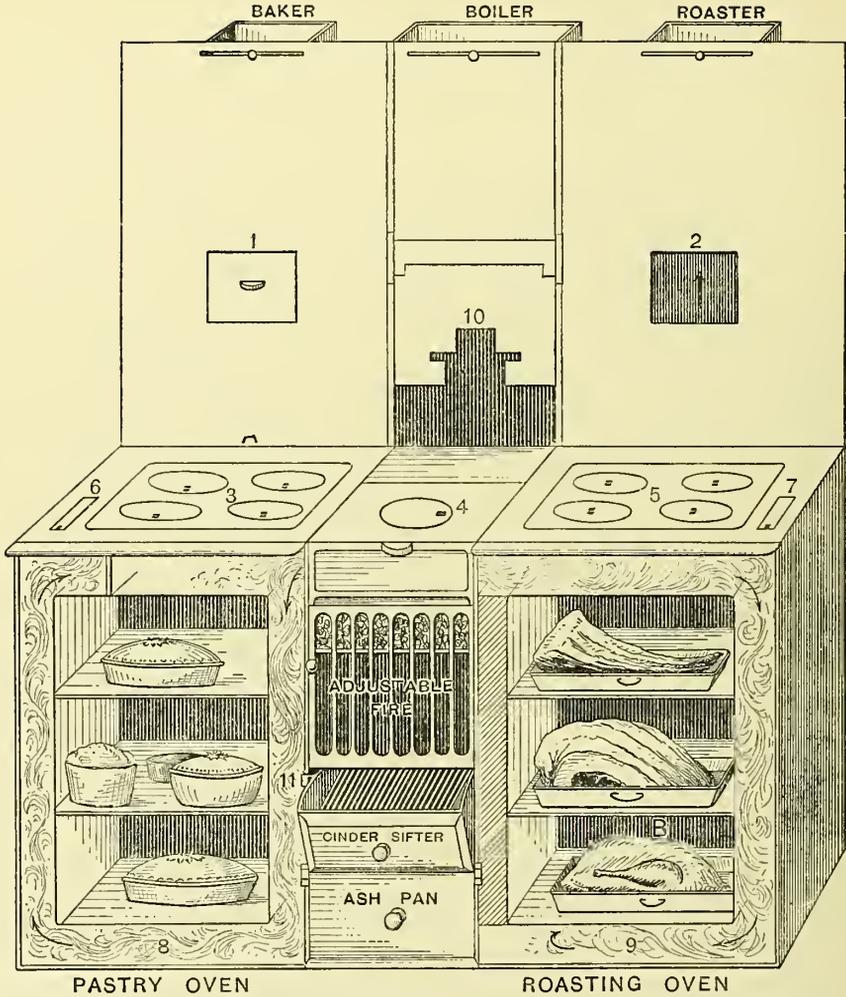


Fig. 212.—Diagram of Range. The oven fronts have been removed to show course of flues. 1, 2, Flue-cleaning doors (No. 2 removed, showing flue behind); 3, 4, 5, Hot-plate panels; 6, 7, 8, 9, 11, Cleaning-doors; 10, Open or closed fire.

In a double-oven range (as above), the flue of Pastry oven goes direct to the bottom of the oven, then up the side, and to the top. For heating the hot-plate (3) the flame can be drawn over top of oven when required. The flame then passes (at A) into an iron flue at the back of the range. The centre flue takes the smoke and flame of fire direct into chimney. The flame of right-hand side (Roasting oven) passes over top, down side, then across the bottom into iron flue at B.

To clean the flues remove the cleaning doors 1 and 2, panel-plates 3, 4, and 5, and cleaning-doors 6, 7, 8, 9, and 11. This exposes the whole of the flues, and most of them can be seen. First push the wire-handled flue-brush through the cleaning-door 1, up as far into the chimney as it will go. It should be well shaken about the flue to get all the soot out of the corners; then push the flue-brush down as far as it will go, and clean in a similar manner. The soot from this flue will fall just underneath the panel-plate 3. Open the centre fire flue, 10, brush up and down as explained; also the roaster

flue through the cleaning-door 2. In the latter case the flue goes down at the back of the oven and the brush can be pushed down about two feet farther than in the Pastry oven flue. Next, lower the adjustable bottom grating so that the cinders fall out on the cinder-sifter; scrape out any accumulation of cinders and soot that have been drawn into the boiler flue, push the flue-brush in the flue, and also pass the flue-brush down the flue-hole at the back of the plate marked 10. It is as well for the person cleaning a boiler flue to pass a lighted match down this flue to see that it is quite clear. Now brush the soot off the top of each of the ovens down the side flues. Push the flue-brush down the side flues 6 and 7, and cleaning-door in front, 11; also well brush the bottom of the ovens through cleaning-doors 8 and 9, and clear out the soot. In addition to brushing, scrape the outside of the bottom of the ovens so as to get this part as clean as possible. The cleaner the flues are kept the less fuel is used and the ovens heat more readily.

be re-set. The reason is that iron, when heated, expands very much more than brick. It is therefore better, if possible, to have the flue made of the same material as the range.

Adjuncts of a Range.—The loose parts of a stove must be easily removable to facilitate cleaning. A plate-rack must be considered a necessity; a cinder-sifter that fits under the fire is useful, for not only does nothing but fine ash fall into the pan, but also the cinders are ready for use at any moment. An adjustment that allows of a diminution in the size of the fire has advantages obvious to all; and to be able to burn any kind of coal, large or small, and coke as well, is a further economy. When mixed with an equal quantity of cinders, coke makes a quick bright fire. Rubbish is best burnt by mixing with it some small coals and a few cinders; it should, of course, be dry before it is used as fuel.

It is necessary to add that neglect in the ventilation of the kitchen is especially injurious in the case of a close range, which demands a good supply of air to prevent stuffiness.

Portable Ranges.—Portable ranges, or “kitcheners”, are much cheaper than fixed ranges, and although fitted with fewer patent improvements, are

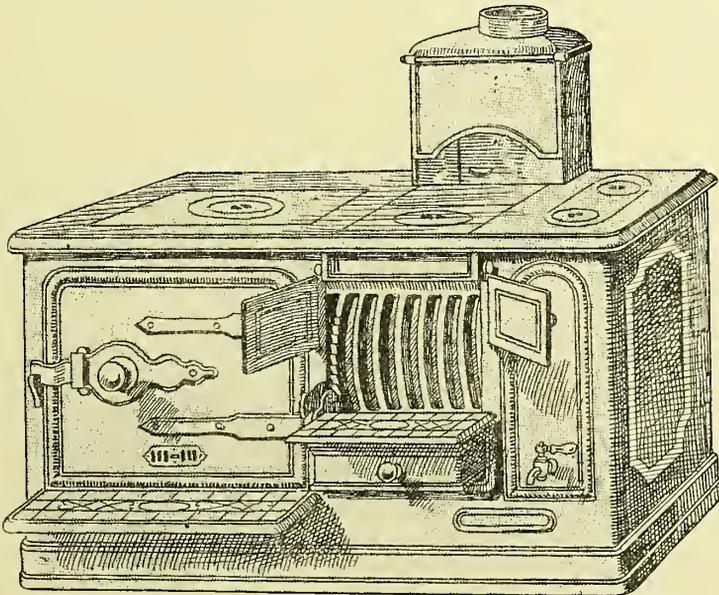


Fig. 213.—Portable Range or “Kitchener”. (By Wilson Engineering Co., Ltd., London.)

admirable devices, whether placed in the chimney-breast or standing out into the room. It is well to remember that this sort of stove wants a flue-pipe to carry off the products of combustion. Inexperienced persons have been known to set the stove in the kitchen and expect it to work. A draught has to be created, and for this reason the chimney-opening is generally enclosed with a sheet of iron, with a hole in it for the pipe to pass

through; but easy as this sounds, it wants "brains along with the tools". Many of these stoves will burn any fuel, from the worst of coals to peat and wood.

STOVES.

Gas-stoves.—Gas-stoves are now looked upon as indispensable by thousands of practical people, and old-time prejudices against them have almost died out. Those who feel doubtful about the amount of gas consumed may be assured that this is not great, unless the gas is extravagantly used. The main causes of waste are badly-planned meals, wrong utensils, the lighting of large burners where small ones would suffice, the neglect to transfer the vessel from a large to a small burner after boiling-point has been reached, and carelessness in leaving the gas on when it is no longer required.

If a boiling-burner has been lighted for cooking potatoes, and a second for a pudding, and the oven heated for a joint, it may be argued that there is not much amiss; yet with a little foresight the consumption might be reduced by cooking the potatoes in a steamer over the pudding, or, of course, by baking the potatoes, and so saving an extra boiling-burner. Then, supposing a stew of meat and vegetables is being baked for a few hours, a rice or other milk-pudding may be cooked at the same time, or fruit may be baked, or the morning's porridge partly prepared. When the oven is used all the burners must be lighted, therefore it is sheer waste to cook only one thing at a time. Moreover, many little dishes can be grilled. A thick slice of fish, a large steak, a tin of sausages, and a pigeon, are all suited admirably to this form of cooking.

Many persons who invest in stoves hesitate, from mistaken notions of economy, to purchase suitable utensils. They use instead heavy iron ones, forgetting that the cost of the gas wasted in bringing them to the boil would pay for new ones several times over. Too much gas is used, not only in the ways already indicated, but also by turning it on too high; when the flame is burning round the pans instead of underneath, the vessels are being prematurely worn out. Common sense and experience are the best remedies for all forms of waste, and those who make a study of the matter will be surprised to find how little gas is wanted to keep the contents of quite a large pan at simmering point.

A short description of the principal features of a modern family stove may be found useful. One may suppose it to be a cooker, with an oven, a grill, and three or four boiling-burners on the top (fig. 214). An enamelled oven is the best, for, apart from its heat-retaining properties, it can be washed as quickly as a dinner plate. The top should be fire-brick, as that material absorbs heat and adds to the efficiency of the oven. The fittings—the rests for the grills and shelves—should be movable. Unless they can be lifted right out, the oven is more difficult to clean. A good

griller (fig. 215) is a real boon. In the best kinds the heat can be directed downwards for grilling, or upwards for boiling. But while grilling is in progress there is plenty of heat that may be utilized in other ways.

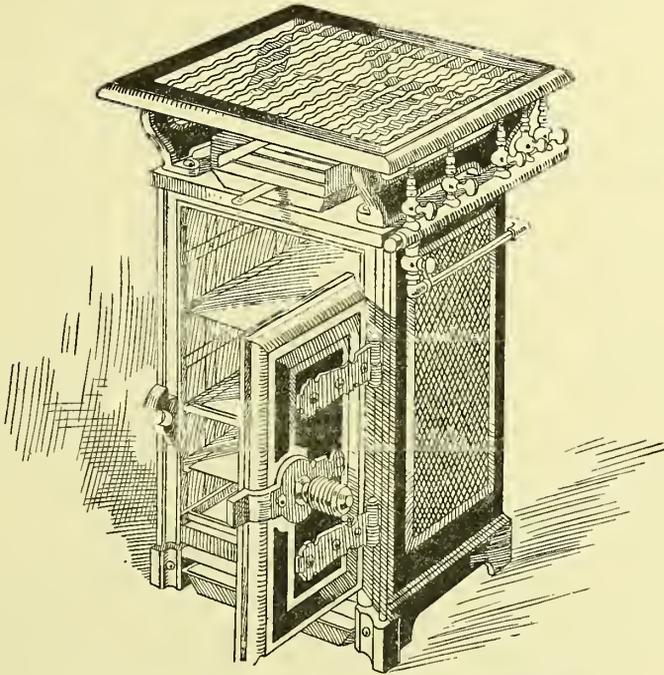
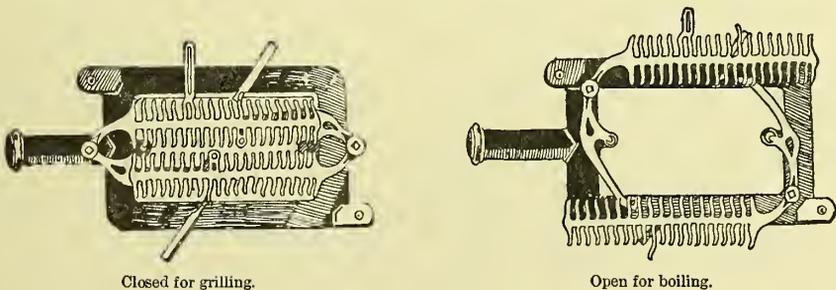


Fig. 214.—Gas Cooking Stove. (By Chas. Wilson & Sons, Leeds.)

The boiling-burners vary in shape. It is a common arrangement to have two or three round and one oval or oblong, but there should also be a



Closed for grilling.

Open for boiling.

Fig. 215.—“Wilson” Patent Radiating Grate.

tiny burner not much bigger than a crown piece to keep things hot after they have been brought to the boil. A boiler may be fitted to the side of the stove, or for much less cost a portable one may be bought for the top; indeed, given good management, it is easy to avoid running short of hot water.

The hot-plate (fig. 216) consists of bars that can be easily removed for

cleaning. An "extended hot-plate" is a good feature, as it allows more room.

A stove catalogue of any of the leading makers will give much useful information, such as the results of competitive tests, the cost of cooking for

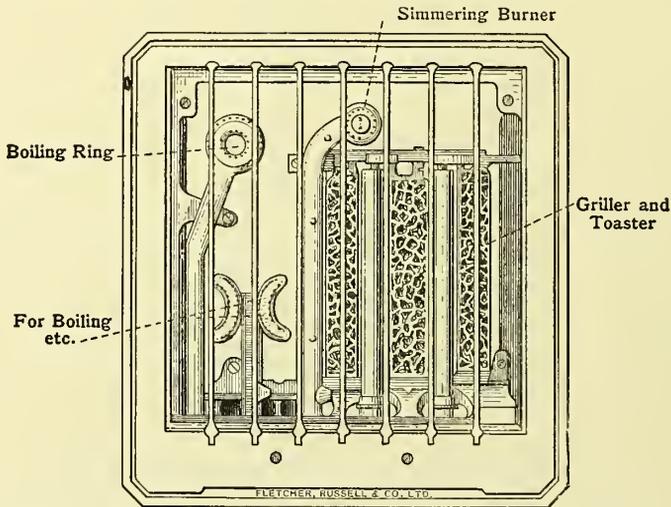


Fig. 216.—Hot plate of Gas-stove. (By Fletcher Russell & Co., Ltd., Warrington.)

a family with gas at so much per thousand feet, and the saving that has been effected in many hospitals and other large institutions by substituting gas for coal cooking. Here the advantages may be summarized in a few words; they are given from tests with stoves of various makes. Firstly, economy: a purchaser must count not only the cost of stove and fuel, but

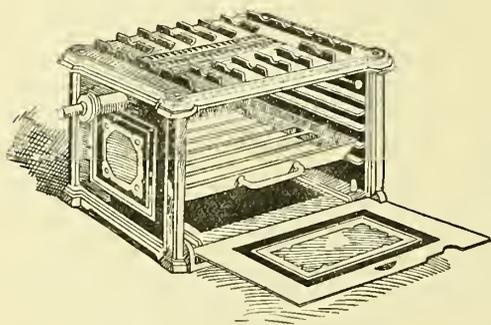


Fig. 217.—"Wilson" Breakfast Cooker.

also the saving in space and labour, the stove being ready at a moment's notice, wanting little attention, and being extinguishable as soon as it is no longer required. Secondly, cleanliness: there are no ashes and dust, no sooty flues or sauce-pans, no blackening of hands and dresses. Thirdly, the almost perfect uniformity of heat and its easy regulation. Fourthly, saving in food: joints lose less in weight in a gas than in a coal stove or than when roasted in front of a fire. Fifthly, convenience in summer, for in hot weather a fire not only makes a kitchen very uncomfortable, and therefore more difficult to work in, but actually adds to the work. The small breakfast cookers (fig. 217) and portable ring boiling-stoves (fig. 218) meet wants of a more modest kind, and gas wall-brackets are useful in bedroom or nursery. It should be added that it is

seldom necessary to buy gas-stoves, for in most large towns they can be hired for a very small sum from the gas companies.

Oil-stoves.—Oil-stoves are very convenient where there are no facilities for gas, or where coals are costly, or for the preparation of emergency dishes. The past few years have seen many improvements, as those who have visited the leading cookery and other exhibitions must be aware. But there are good and bad, and it is well to know what are the leading features of the best and newest stoves. Sound construction is of primary importance; a very low-priced stove is never really cheap, and is sometimes unsafe. A stove for family use (fig. 219) should boil, stew, steam,

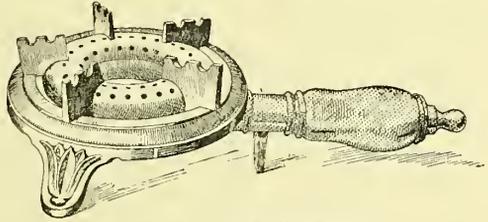


Fig. 218.—Gas Boiling Ring.

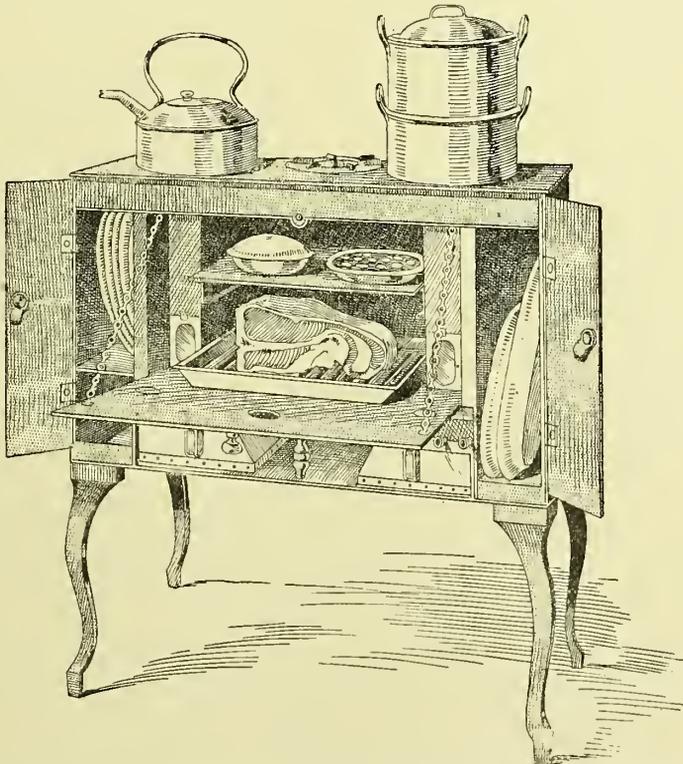


Fig. 219.—Oil Cooking-stove. (By "Rippingille's" Albion Lamp Co., Ltd., Birmingham.)

and fry on the top, and should have an oven with a good bottom heat, in which baking can be done. The best are enamelled like gas-stoves, and can be kept cleaner than the old kinds. Side boilers and plate-warmers are features of the large ones, and are worth the extra cost. The burners have been much improved, but even with the best, in order to prevent

smell, care is necessary in trimming wicks and wiping off any oil that may have been spilt. While the finest oil is unnecessary, low-priced oil is often dangerous. The flash-point should be as high as is considered safe for use in a lamp.

Before any particular stove is bought, it should be seen at work; and as the leading makers generally have agents in the larger towns, this is as a rule easy. It is also important that every purchaser should procure a copy of the printed instructions which most makers issue. Persons accustomed to gas-stoves soon grasp the principles, but those who have worked with old-fashioned open fireplaces or ranges will find a number of small points which need explanation.

The following rules apply to oil-stoves of every kind:—Wipe the outside before lighting; fill up daily with oil; keep the wicks even; dry new wicks

before inserting them; see that no foreign substances get into the oil; keep the burners very clean—an occasional washing in hot soda water is good; when the stove is not in use keep the wicks turned down inside the burner. These are rules simple enough for a child to master.

Mention should be made of the facilities now afforded for cooking by means of oil-stoves and lamps specially constructed to serve a double purpose. For example, a stove (fig. 220) that costs under a pound, and heats a

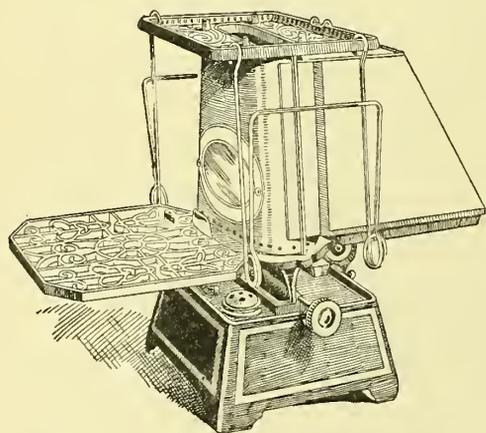
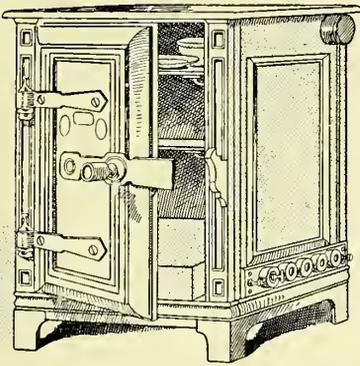


Fig. 220.—Small Oil Cooking-stove, with Patent Oven. (By Frank Rippingille Stove Co., Ltd., Birmingham.)

small room safely and satisfactorily in the winter, may be turned to good account as a cooker in the summer for picnics, parties, and dwellers in house-boats, as well as for family use; for not only will it turn out a meal of several courses, but also, when fitted with a portable oven, it bakes bread very satisfactorily; a perfectly cooked fowl or little joint is also possible. There is too a particularly safe lamp, with facilities of the same kind, which consumes very little oil. Some such adjunct to the range or stove of daily life is worth consideration, if only for emergency dishes such as many concoct over spirit-lamps. The latter have their uses, but when it comes to anything like extensive cookery, and where economy has to be studied, the first cost of the oil cooker is soon saved by the difference in the cost of fuel.

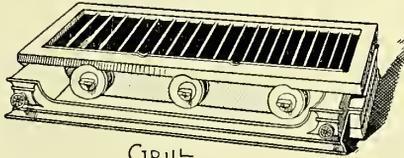
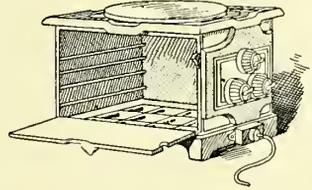
Electric Cooking Appliances.—Electricity is sure to play an important part in the cookery of the future. At present it is rather expensive, but already the cost has been reduced in some localities, and before many years have elapsed it will certainly be largely used as a heating agent. Among its advantages for cooking may be mentioned the perfect regulation of the

OVEN

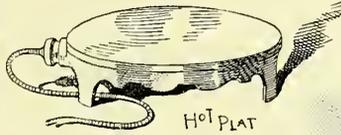


The heat is regulated by turning on and off the switches shown on the right. When the required heat is reached several of the switches can be turned off, and the cooking done with less or no current, as little heat is lost by radiation. (See note* below.)

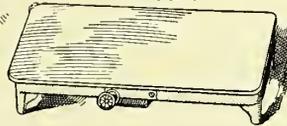
BREAKFAST COOKER



GRILL

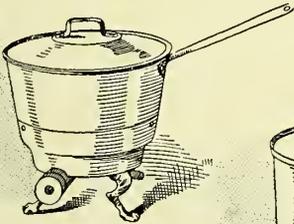
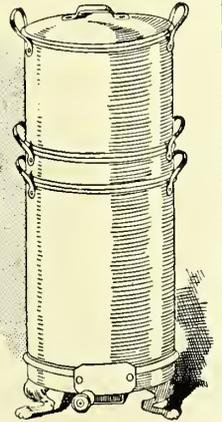


HOT PLAT



HOT PLATE

STEAM COOKER

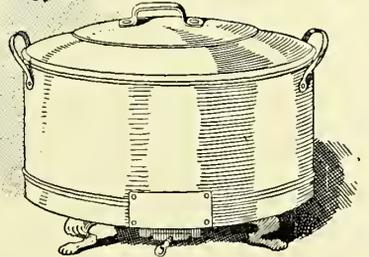


SAUCE-PAN

STEW PAN



FISH KETTLE



COPPER TEA KETTLE



All the cooking utensils are made for various pressures, to suit the requirements of the different Electric Supply companies.

COFFEE MACHINE



FRYING PAN



* A temperature of 350° Fahr. may be attained in 15 to 20 minutes with full power on, and this may be increased to 500° Fahr. if necessary. By manipulating the switches the heat may be localized or distributed throughout the oven at will.

heat, the long wear of the utensils, the freedom from smoke and soot, the coolness of the atmosphere, and much saving of time and labour.

The electric kitchen shown in fig. 221 is as unlike the old-time kitchen with its wasteful open fireplace as anything could possibly be. Here not merely the oven, boiler, and hot-plate are connected with the electric circuit, but even the kettles and frying-pans. That is to say, they can be connected—almost instantaneously—when they are required for use. Thus

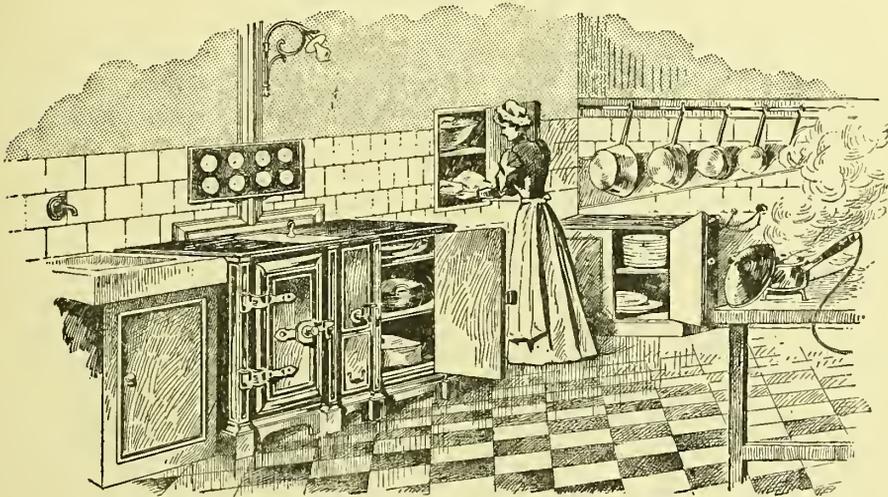


Fig. 221.—Kitchen fitted for Cooking by Electricity.

dishes for breakfast or supper, for the sick-room or other emergencies, can be prepared at a moment's notice, just as much heat being used as is necessary for the purpose, so there is no waste.

Apart from the question of cost, one fact stands out prominently—that dishes requiring very different degrees of heat can be turned out of an electrical oven, perfectly cooked, when once the manipulation of the switches is understood. No one dish need wait or suffer for another. As to the hot-plate, all who can appreciate the difference in flavour between cakes baked in the open, as on a griddle, and in an ordinary oven, will require no assurance of the merits of such an adjunct. In short, a general application of electricity to the cooking of the daily dishes would make house work pleasanter.

THE LARDER.

Condition of Larder.—Cleanliness is an essential condition of every well-ordered home, and if there is one department more than another in which it should be conspicuous it is in that which concerns the keeping and storage of food. Much of the succulence and flavour of butcher's-

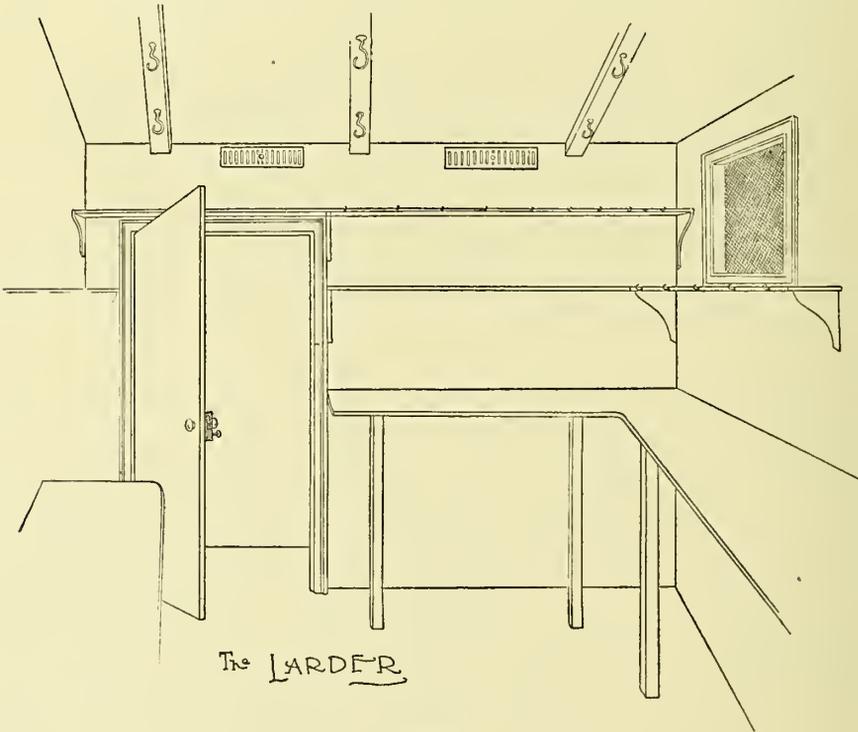


Fig. 222.

meat depends upon the length of time it is hung, but if it is kept in a moist, close, or warm atmosphere, its flavour does not mature, and it speedily becomes putrescent. The larder, therefore, should be cool, airy, and dry.

In order that it may possess the first of these conditions a sunny aspect should be avoided, and it should be a sufficient distance from the kitchen to be uninfluenced by the heat of the range. The window-frame should be fitted with wire-gauze instead of glass, and stone-work should be used

as much as possible in the internal fittings in place of wood. If, however, it is unavoidable that the sun's rays should strike upon the larder window for a few hours daily, their mischievous effects may be averted by pinning a wet cloth to the frame, taking care not to exclude the air. A pail of water set in the middle of the larder greatly assists in keeping the atmosphere cool. Inverted flower-pots placed in soup-plates filled with water, and covered with wet cloths sufficiently large to touch the water, form an admirable protection during very hot weather for such articles as butter and lard.

To keep the larder airy the ventilators should be so arranged that a current of air may be continually passing through it. This result may be obtained by having them at opposite ends of the room, one over the window and the other over the door, or by having the panels of the door as well as the window made of wire-gauze.

In order to keep the larder dry, especially when it is situated in the basement, the floor should be of concrete or asphalt. A dry day should be chosen for scrubbing it, and plenty of time allowed for drying. The shelves, as a rule, should be covered with paper; old newspapers will do very well for the purpose.

Fittings of Larder.—A plentiful supply of strong iron hooks should be firmly fixed into the ceiling, from which joints, hams, poultry, and game can be suspended. A number of earthenware jars should also form part of the outfit, each being labelled with the name of its contents. A good supply of wire meat-covers should be provided as a protection against flies. Another device which answers the same purpose is a cane or wire framework covered with muslin. Glass bottles and canisters are useful where the larder has to serve as a store-room for groceries. If possible the larder should also contain an ice-chest or refrigerator (fig. 223). It keeps butter, milk, and jellies delightfully cool in hot weather, and thus, by diminishing waste, saves its own cost in a very short time. A moderate-sized one, sufficient for the requirements of a small family, can be bought for about £5. Weights and scales are indispensable.

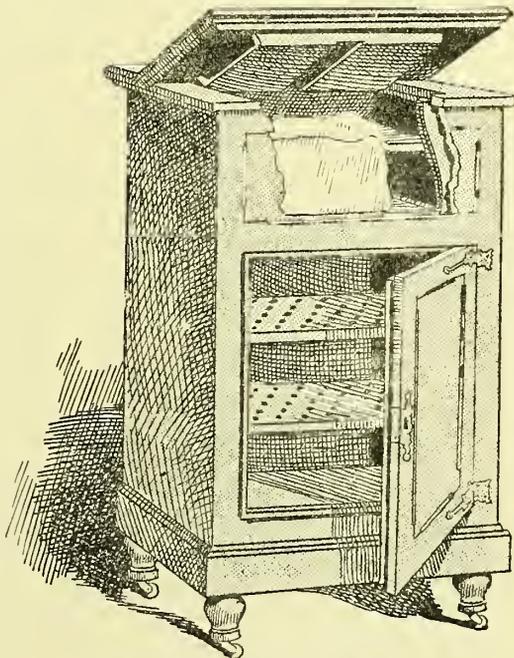


Fig. 223.—"Chandos" Refrigerator.

HOW TO CHOOSE FOOD.

The purpose of the larder is the preservation of perishable articles of food in the most perfect condition for the table. But it is, first of all, essential that these articles should be of good quality. Hence all housekeepers should know how to market well—how to select good food at a seasonable time and a reasonable price.

Milk.—Milk is one of the most valuable articles of diet we possess, containing within itself in proper proportion all the elements necessary to the sustenance and nourishment of the human body. But it has this drawback, that it is a food which rapidly decomposes, besides being extremely liable to contamination if exposed to impure atmospheric influences. Many epidemics of typhoid fever, scarlet fever, and diphtheria have been traced to the use of milk purchased from an insanitary dairy or farm. The utmost care should therefore be exercised in order to obtain pure milk. Fortunately, in the neighbourhood of large cities there are many dairy-farms conducted on scientific principles and under constant skilled supervision, which supply the public direct by means of their own carts. The smaller farms and milk-shops are the chief offenders against hygienic laws, and it is from them that danger is most to be feared.

The specific gravity of unadulterated milk is about 1·030. If the milk furnished by any dealer is persistently below 1·030, the customer has good ground for complaint. The real value of any sample of milk can be easily tested by means of a little instrument called a lactometer (fig. 224), which can be purchased for two shillings or half-a-crown. All that one has to do is to float it in a jug of milk; the figure on its scale which is level with the surface shows the percentage of pure milk.



Fig. 224.
Lactometer.

During an epidemic, or whenever there is any reason to suspect contamination, the milk should be boiled, or “sterilized” by the following simple process:—Place it in a clean bottle, and plug the mouth with clean cotton-wool. Then stand the bottle up to its neck in water in an ordinary kettle or saucepan on blocks to raise it about half an inch from the bottom.

Heat slowly until the temperature of the water just reaches boiling-point. Take the kettle from the fire, and cover loosely with a piece of woollen cloth for half an hour, after which remove the bottle and store in a cool place, taking care not to remove the plug of cotton-wool until the milk is required for use.

Preparations of various kinds are used for the preservation of milk in hot weather, but they are not to be recommended, especially where there are young children, as even when they are otherwise harmless, their tendency is to retard the process of digestion and cause heart-burn. The ice-chest is by far the best resource at such times. No article of strong odour, such

as cheese, should be in the same compartment as milk, as the absorbing powers of the latter are great, and its delicate flavour is spoiled by too close proximity to foods of a pronounced aroma.

The advantages claimed for condensed milk are its uniform quality, its freedom from germs of disease, its convenience, and its keeping properties. All this may be true enough, but where a good supply of fresh milk is obtainable, it should be used in preference. (See also "The Dairy".)

Butter.—Butter should always be sampled before purchase, as the slightest suspicion of rankness is, to most persons, extremely disagreeable. It must be remembered, also, that this is accentuated by subjection to heat, so that pastry made with tainted butter is as unpalatable as it is unwholesome. Butter that is too salt has little globules of salt visible on its surface. They may be removed by washing it several times in cold water and afterwards pressing it in a cloth to remove the superfluous moisture.

Butter that is tainted can be improved in flavour in the following manner. Melt in a perfectly clean sauce-pan, and after removing the scum which rises to the top, let it stand by the side of the fire until all impurities have sunk to the bottom. Then strain it carefully through a sieve, leaving the sediment at the bottom of the sauce-pan, and stand it in a cool place to solidify. In hot weather keep butter in the ice-chest, or under an inverted flower-pot, covered with a wet cloth.

Eggs.—Eggs should weigh from an ounce and a half to two ounces each. Though they are used in enormous quantities in this country, there can be no question that they would be eaten still more largely if their freshness could always be depended on. Various tests are employed to ascertain their condition. One of these is the brine test. Dissolve two ounces of salt in a pint of water; a good egg, when placed in it, will sink at once to the bottom, while a bad or doubtful egg will float. Another test is to apply the tongue to the shell at the large end, which will feel warm if the egg is fresh. Another is to hold the egg up to the light. If fairly clear, it is good; if opaque or containing a black spot, it is unfit for use. An instrument made on this principle is illustrated in fig. 225. One may also judge of an egg by shaking it. When it is full and fresh no sound is emitted, but when it is stale the movement of the contents can be detected.

Fish.—Fish as an article of food is not held in the high estimation it deserves. Owing to the quantity of phosphorus and nitrogen contained

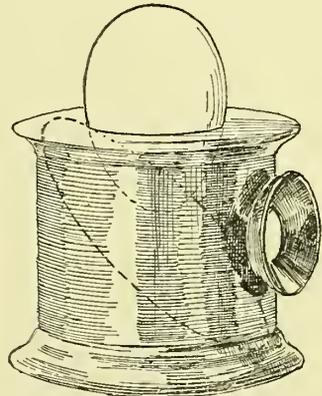


Fig. 225.—Egg-tester, as supplied by the Dairy Supply Co., London.

The instrument consists of a tin cylinder, with a lid pierced with a circular hole, in which the egg to be tested is placed. Beneath the egg is a mirror lying at an angle of 45°, and opposite to this is a small circular spy-hole with a suitable screen, but without a lens. The whole is held below a gas-jet or otherwise in a good light, and any opaque spot in the egg can be perfectly seen on the mirror, as the egg itself seems to concentrate the light.

in it, it forms a valuable diet for brain-workers, while its digestibility renders it specially suitable for invalids and persons of sedentary habits or occupations.

Fish may be divided, broadly, into three classes—white, oily, and shell fish. The first class includes whiting, soles, turbot, brill, plaice, flounders, haddock, and cod, in the order of digestibility.

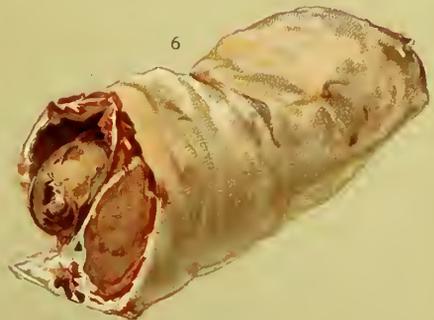
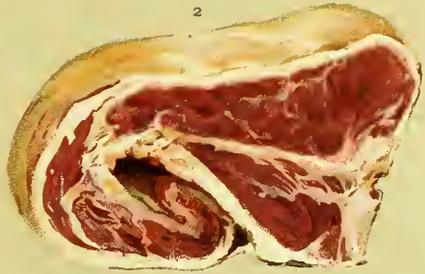
In the oily class of fish are salmon, mackerel, eels, and herrings. These are highly nutritious when they can be digested easily, but with many people they disagree. Mackerel decompose very rapidly, and should never be eaten unless they are absolutely fresh.

There are two classes of shell-fish, the crustacean and the mollusc. Familiar examples of the former are the crab, lobster, shrimp, prawn, crayfish, and crawfish; while the latter is represented by the oyster, mussel, cockle, scallop, and other fish enclosed between two shells. Periwinkles, whelks, and limpets are frequently, but erroneously, classed as shell-fish. Much has been written and said for and against shell-fish as food, but the truth of the matter is that they agree with some people and disagree with others, exemplifying the truth of the old proverb that "what is one man's meat is another man's poison". Oysters are frequently ordered by physicians when it is desirable to unite great nourishment with easy digestion, the amount of gluten they contain giving them this valuable quality. Care, of course, should be taken to eat shell-fish only when in season. Ill effects of a serious and even fatal nature often follow neglect of this precaution.

In choosing fish the purchaser should be guided by the following rules:—Bright eyes, red gills, flesh firm to the touch, and scales not easily rubbed off, are sure signs of freshness. A short fish, thick about the shoulders, is much to be preferred to a long thin one. The best cod are those that are plump and round at the tail, the sides having a slightly ribbed appearance, with yellow spots on a clear skin. When salmon are perfectly fresh there will be found between the flakes a creamy-white curd. Although highly prized by the epicure, this curd is somewhat indigestible, and the salmon should therefore be kept until the curd solidifies, which takes place in about twenty-four hours. The highly-esteemed smelt, when fresh, has an odour like a newly-cut cucumber, which passes away in about twelve hours after it has been caught. Turbot should be moist, the skin not blistered, and the colour of the light side very pale cream.

When choosing unboiled lobsters, press them between the eyes; if they are alive they will move their claws. To test boiled lobsters, take the tail between finger and thumb and draw it out from the body. If it springs back, the fish is fresh; if devoid of elasticity, it is stale. Lobsters and crabs should be chosen by weight, those of medium size having the best flavour. Oysters should have tightly-closed shells. "Native" oysters have small smooth shells, and are the best for eating raw; but large, rough-shelled oysters do very well for sauces, stews, and patties.

Beef.—Although beef is in season all the year round, it is at its best in winter, when it can be hung for several days to ensure its being tender.



PRIME AND INFERIOR MEAT

1. Sirloin of Beef (prime quality)

3. Leg of Mutton (prime quality)

5. Loie of Veal (prime quality)

The meat should be neither too red nor too pale, and the fat should be slightly tinged with yellow. Ox beef is considered the choicest, but heifer beef is the most economical for a small family. It has a closer grain, paler colour, and whiter fat than ox beef. Bull beef is dark-coloured, lean, coarse-grained, and strong-smelling. It should never be chosen, and is not kept by good butchers.

When a line of horny substance lies between the fat and the lean, or when a thick layer of gristle is under the fat, it shows that the animal was aged. Beef in prime condition should have little streaks of fat running through the lean, and the flesh should rise quickly when pressed with the finger.

Veal.—As veal rapidly decomposes and becomes tainted, it should be used quickly. It is at its best when the animal is about three months old. The signs of good veal are: pale-pink flesh of good colour, firm fat of a pinkish-white, and a small kidney. The flesh of the bull-calf is usually preferred for joints, on account of its being firmer in grain and fuller in flavour, but for many dishes that of the cow-calf is chosen because of its superior whiteness.

Although veal may be obtained all the year round, it is considered to be specially in season from May to September.

Mutton.—Mutton stands next in order to beef for its nutritious qualities, and as regards digestibility is superior to any other kind of butcher's-meat. A sheep should not be killed for food until it is at least three years old, and not more than six. Younger mutton is flabby and flavourless, and older is strong-tasted and stringy. The flesh of a five-year-old sheep is preferred by a connoisseur. At that age it should be firm, succulent, and juicy. Good mutton is finely grained, the lean of a darker colour than beef, and the fat white rather than yellow, the latter colour indicating poor quality. On an old animal the skin when pinched remains wrinkled. The flavour and colour of the flesh are affected to a considerable degree by the herbage and other food of the sheep. Scotch and Welsh mountain mutton are darker than Lowland mutton, and have a slightly gamy flavour. South-down mutton is much prized on account of the delicacy of its flavour. But the flesh of sheep reared on marshy ground near the sea-coast is usually considered to be the perfection of mutton, the saline particles with which their food is impregnated imparting both firmness and flavour. Wether mutton is the best, and should be chosen for roasting. Ewe mutton, which is cheaper, is quite good enough for boiling or stewing. Ram mutton should always be avoided. Mutton should be well hung before being cooked, the length of time depending upon the state of the weather and the quality of the meat. The leg will keep for a much longer time than the loin or the shoulder.

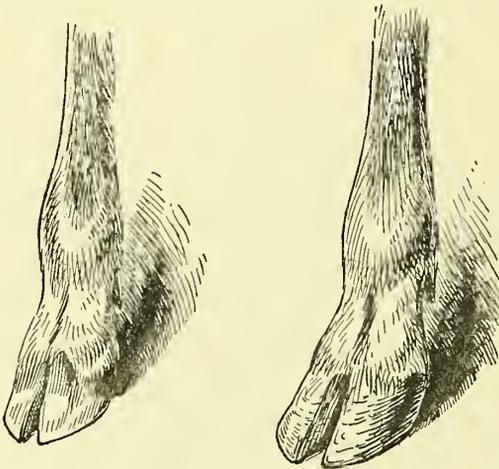
Lamb.—Unlike mutton, lamb will not keep long. The flesh should be firm, and of a light colour; the fat should also be firm and light. Avoid lamb which has yellow fat and flabby red flesh. Lamb which is born in the winter time, brought up under shelter, and fed principally

upon milk, is considered the best, but is rather an expensive luxury for people of limited means. Grass lamb, *i.e.* lamb fed upon pasturage, comes into season about Easter.

The quality of lamb may be easily tested by the appearance of the vein of the neck, which should be of a ruddy or bluish colour; if green, it is not good.

Venison.—There are three kinds of deer indigenous to this country—red-deer, roebuck, and fallow-deer. The last is the commonest. Buck venison, considered the finest, is in season from June to the end of September, and doe venison from October to December.

Venison should be hung from fourteen to twenty days in a dry larder, and well wiped with a dry cloth each day. Powdered ginger and pepper should be dusted over it to keep off flies. In order to ascertain its condition, run a skewer close to the bone, and judge from the smell whether it is sweet or not. If musty, it should be washed first in lukewarm water, and afterwards in tepid milk



Hoof of Young Deer.

Fig. 226.

Hoof of Old Deer.

and water, and then dried very thoroughly. The lean should be fine-grained and dark; the fat plentiful, firm, white, and clear. The age may be told by the cleft of the hoof—if smooth and small, the animal is young; if rough and large, it is old (fig. 226).

Pork.—The pig is particularly liable to disease, and if its flesh is in a diseased condition when eaten, evil results are sure to follow. For this reason pork should be chosen with the greatest care, and only during the winter months. The fat should be white and firm, the lean finely grained, and the rind thin and smooth. Pork from which the rind has been already pared should not be bought, as this always indicates a heavy, coarsely-fed animal. Discolorations in the fat prove an unhealthy condition at the time of killing. Pork that has been dairy-fed is the best. In order to avoid inferior qualities, it should always be purchased from a dealer of standing and reputation.

Game.—The principal kinds of game, besides venison, are pheasants, partridges, grouse, snipe, woodcock, and hares.

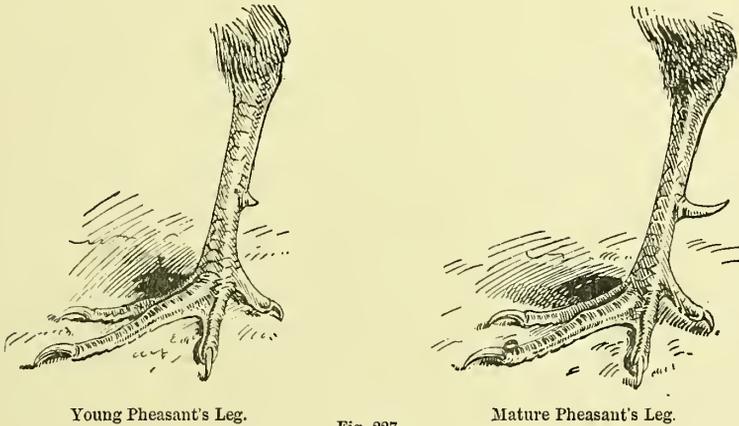
Pheasants and partridges should be hung for some days before cooking, the time depending on individual taste, as what is offensive to some is delicious to others. An old bird may be known by the length of its spurs, which in young birds are short and blunt (fig. 227)

Grouse should be hung as long as possible, or their peculiar flavour will be lost. The beak will break if a young bird is held up by it.

Snipe, when old, have thick, hard feet; when the feet are soft and tender the birds are young. Woodcock should be fat, and should never be drawn, as the trail is considered a great delicacy.

Hares are in season from September to April. In a young hare the claws are smooth and sharp, and the cleft in the lip is not much spread. A hare should hang for at least a week—longer if the weather permits.

Poultry.—The weight of fowls and chickens should be great in proportion to their size, but an over-fat bird is not economical. A young



Young Pheasant's Leg.

Fig. 227.

Mature Pheasant's Leg.

fowl can be recognized by its feet. The claws should bend backwards without cracking, and there should be no spur upon the legs. The spur does not begin to grow until the bird is a year old. The skin should be soft and silky, and the breast full and plump.

Ducks should have a full breast, supple feet, and a clear skin. Geese should be eaten when young. The breast should be plump, the skin white, and the feet yellow and pliable. Red feet and bill denote an old bird. A good test is to squeeze the windpipe close to the body. If it yield easily to the pressure, the goose is tender; if it resist, it is tough.

When purchasing a turkey choose one of moderate size. In young birds the skin is soft and even; in old ones it is coarse and wrinkled. The legs should be smooth; a long spur with rough pale legs denotes age. Hen turkeys are considered the best, especially for boiling.

ENGLISH AND FOREIGN MEAT COMPARED.

The insufficiency of home produce for home consumption, which is manifested on a larger scale in the United Kingdom than perhaps in any other country, has given rise of late years to an enormous development of the importation of fresh meat from Australia, New Zealand, South America, the United States, and Canada. The principal method by which it is

preserved during the long period of transit is refrigeration. Every one knows how much more rapidly meat, fish, and poultry become tainted in hot weather than in cold. So much is this the case that in tropical countries it is generally difficult to keep meat long enough to get rid of the toughening rigidity which pervades muscular fibre after death, and takes in our climate one or two days to subside. Hence a cool larder makes a very great difference in the time for which provisions may be kept. By means of refrigerators on trans-oceanic steamships the temperature of the storage compartments may be kept down to a point below freezing, even during the hot passage through the Indian Ocean and the Red Sea. It may be well to remark that, according to the most reliable authorities, a uniform temperature several degrees above freezing point, say 38° Fahr., is sufficiently cold to prevent decomposition.

The prejudice against frozen meat has almost entirely disappeared, and the low price at which it can be sold enables thousands of families to have a good meat dinner daily, when otherwise beef or mutton would but rarely appear upon their tables. It would be absurd, however, to compare foreign meat, as regards quality and flavour, with home-bred and home-fed meat. Apart from the coarser, ranker herbage of foreign ranches and sheep-farms, there can be no doubt that the process of freezing, by solidifying the natural juices of the animal, exercises a deteriorating influence upon the constituents of the meat which no after-treatment can remedy entirely.

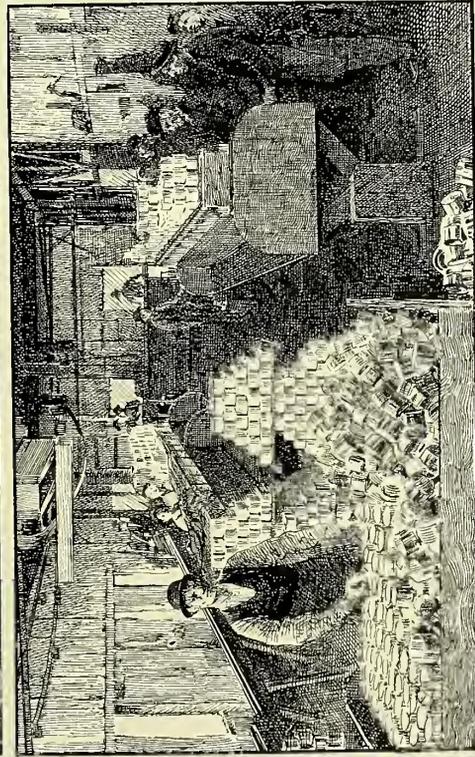
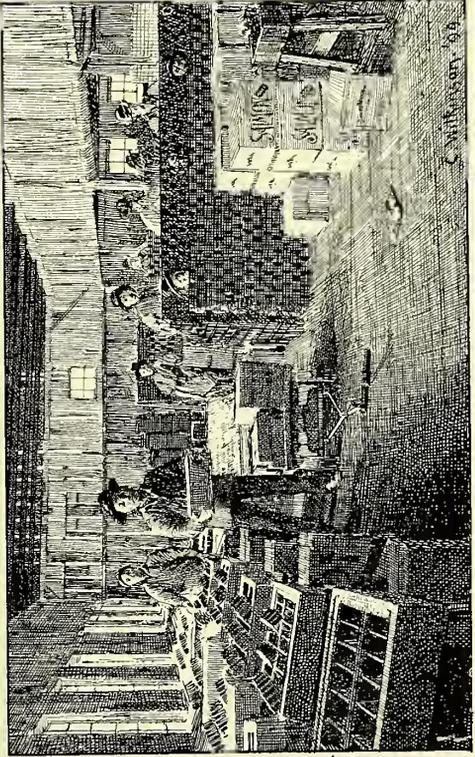
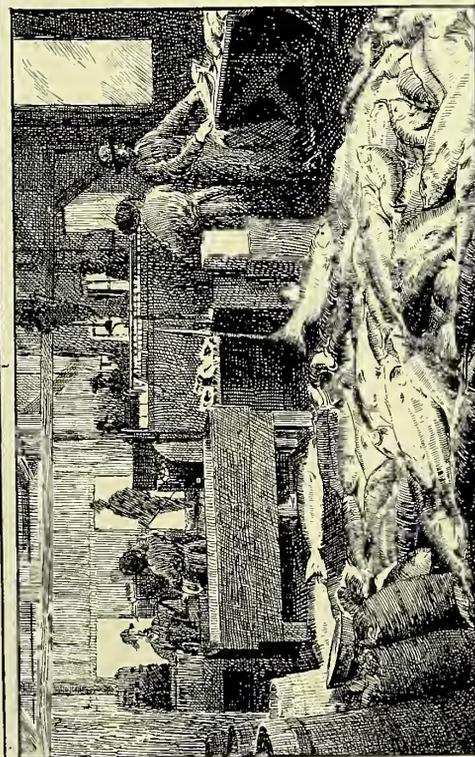
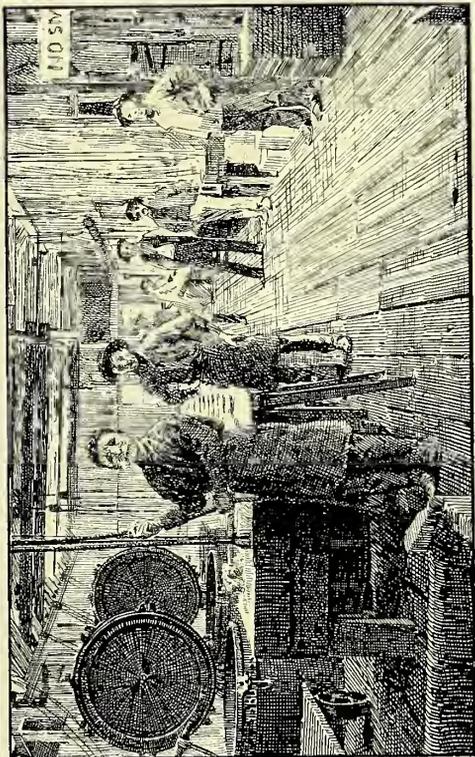
Foreign meat should be carefully and slowly thawed by immersion in cold water and then wiped dry, and hung up in the larder with the cut end uppermost in order to preserve the juices, which would otherwise run out. In cooking, the pores should be closed by the application of great heat for a few minutes, and the joint should then be cooked very slowly.

Generally speaking, foreign meat has a coarser grain and duller colour than home meat, the surface is usually moist owing to the escaping juices, and it is flabby to the touch.

TINNED MEATS.

The preservation of food-stuffs by the exclusion of air, known as canistering, canning, or tinning, is a process which of late has attained great perfection. Owing to their convenience, cheapness, and good quality, tinned meats are daily growing in popular favour and estimation.

Meat, poultry, fish, and indeed almost any article of food, may be preserved by some such process as the following:—The meat, freed from bone, skin, gristle, and superfluous fat, is placed in the cans, and a cover of perfectly sound and substantial sheet-tin is soldered on with air-tight precision. In the middle is a small aperture known as the “pin-hole”, which can be instantaneously closed with a single drop of solder. The



SALMON CANNING (OREGON, U. S. A.)

1. Dressing and Cleaning Department. 2. Cooking Department. 3. Can Filling and Sealing Room. 4. Packing Room.

cooking is sometimes effected by steam, but generally a number of cans on a perforated tray are lowered into a saline bath to within an inch or two of their tops. The bath may consist either of brine, which has a boiling point of about 229° , or of a solution of calcium chloride, which can be heated up to 270° . Some firms allow as much as four hours for the operation, beginning at 180° and gradually rising to 230° ; others commence at the latter temperature, reducing the time by one-half. In either case, there is not only abundant—some people think superabundant—cooking, but also sufficient heat to detach all air from the meat, and to drive it out of the pin-hole. When only steam comes forth the solderer closes the

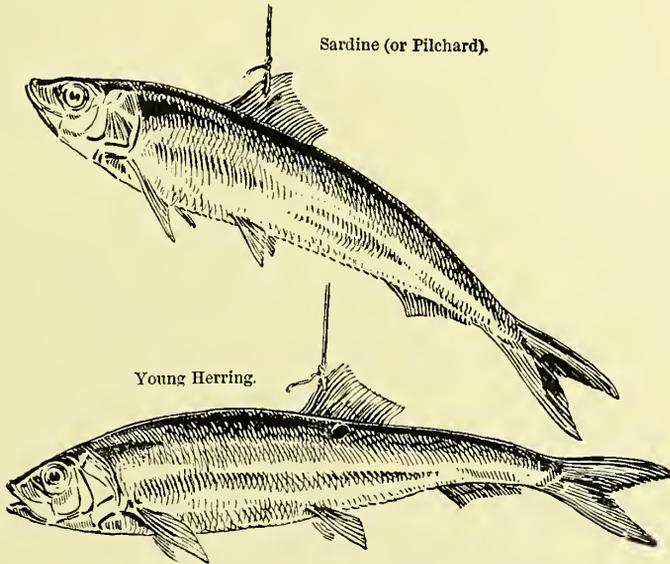


Fig. 228.—Sardine and Young Herring.

If a sardine or pilchard is suspended by the dorsal fin (as shown), the head points upwards; in the case of the herring, the head inclines downwards. A sardine has radiating lines on the opercular bone (covering the gills), but a herring has not.

aperture with a metallic drop. The object of subjecting the contents to such a high temperature is to kill any vegetable sporules or germs which may have been present in the meat or in the air or water. The cans, when painted, labelled, and tested, are ready for market. Constant practice with millions of tins has brought the making of them to such perfection that one seldom hears of any of those produced in noted factories failing to exclude the air.

Tinned food of every kind should be removed from the cans directly they are opened. If the cans bulge out this shows that air has entered, and it is best to throw the whole away at once, rather than run any risk.

Tinned meats are specially useful in emergencies, such as the arrival of unexpected visitors when shops are closed or not within easy reach. In the summer excellent cold luncheons can by their means be put upon the

table at almost a moment's notice, and for picnics and yachting cruises their advantages are obvious. Meats that do not spoil with over-cooking turn out the most satisfactorily, such as ox tongues, soups, corned beef, sausages, and lobsters. Only those tins that bear the name of some well-known and reputable firm should be purchased, as, unless the contents are of the best quality, they are seldom worth eating, and may even cause serious illness.

Sardines usually have the protection of oil as well as of an air-tight covering. In Italy, whence they chiefly come, they are rapidly cooked by immersion for a couple of minutes in boiling oil, before they are packed in cold oil in their tins, and the lids soldered down. Occasionally young herrings are substituted for genuine sardines. The fish belong to the same natural order, but may easily be distinguished, as shown in fig. 228.

PRESERVING FOOD BY ANTISEPTICS.

Salting Meat.—Another method of preserving food, which may be said to be in universal use, is by means of antiseptics, of which salt is the most ancient and the most common. Salt appears to act on the principle of abstraction. When packed with meat in casks it draws out enough of the albuminous juices to form a quantity of brine; or, if the meat is at once steeped in brine, the latter will, according to its strength, still attract to itself a part of the juices, as is proved by the fact that when the resulting fluid is boiled, a quantity of coagulated albuminous froth rises to the surface. When meat is pickled at home, it is usual, in order to keep down as much as possible the abstraction of nutritious matter, to allow about twice as much water in the brine as would suffice to dissolve the salt.

The following are the proper proportions of the ingredients in a pickling brine—7 lbs. of salt to 4 gallons (or 40 lbs.) of water, being a proportion of about 15 per cent of salt. To this add 4 ounces of refined saltpetre, which, besides preserving the red colour of the meat, greatly increases the strength of the brine, for it is reckoned to have about four times the antiseptic power of common salt. Finally, add 1 lb. of coarse brown sugar and 1 ounce of black pepper. Boil all together for twenty minutes, and skim well. Pour the brine into an earthen pan, and leave it until it is cold. It is then ready for use.

Meat for salting should be purchased when quite fresh, and the kernels, sinews, and pipes should be removed at once. If the weather is favourable it may then be hung for a day or two, but it must not be in the least tainted. The brine must penetrate thoroughly into every part of the meat, and in order to ensure this, all little holes, crevices, and corners must be filled with salt. The meat must be frequently examined, and any parts that show signs of mouldiness should be cut off.

The time for keeping meat in brine must be determined by the degree

of saltness required, and the size and kind of joint to be treated. Beef absorbs salt more quickly than pork, and a week or ten days will probably be found a sufficient time for an ordinary-sized piece, whereas pork may be left in the pickling tub twice or three times as long, and still not be too salt. It should be remembered that as beef is rendered less digestible and nourishing by pickling it should not be over-salted. Pork, on the other hand, is made more digestible, and many who have to abstain from fresh pork can eat it when pickled or cured.

Salt meat forms an agreeable change, and is convenient when fresh provisions cannot be obtained, but when used continually for any length of time it is apt to give rise to various disorders of the blood and skin. As the juices extracted contain, besides the albumen, the greater part of its flavouring and stimulating principles, one cannot be surprised at the detriment to health, culminating in scurvy, which results from a long-continued diet of "salt junk".

Smoke-cured Provisions.—Smoke is another antiseptic which has been used for ages in the preservation of food, sometimes as a supplement to salting, and at other times alone. Creosote is the active principle which gives to wood-smoke its antiseptic properties. Familiar articles of food which are frequently sold after being smoke-cured are "Finnan" and other haddocks, salmon, hams, sausages, herrings, and ox tongues. As smoking is a tedious process which cannot very well be carried out within the confines of a small establishment, there is no need in a work of this description to enter into details regarding it.

Notwithstanding the disadvantages of salting and smoking—the former process tending to abstract useful juices, and the latter to indurate and render indigestible—the cheapness and convenience of provisions thus treated secure for them a high place in popular favour.

Sterilized Food.—A new method of preserving food, analogous to the sterilization of milk which has already been described, has been introduced

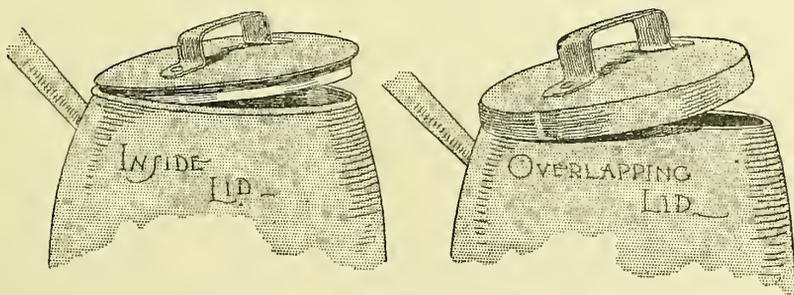


Fig. 229.

by Dr. Jäger of Königsberg. At the close of a recent course of lectures, Dr. Jäger invited his hearers to inspect some kitchen products—both raw and cooked—which, after remaining in a warm room for periods varying from five to sixteen days, were all found perfectly fresh and quite

unchanged in appearance and taste. According to the *British Medical Journal* the method simply depends on: (1) the use of vessels with well-fitting, overlapping lids, instead of the inside lids (fig. 229) used in kitchens all the world over, which allow stray bits of matter that may adhere to the rim to fall into the food; (2) the avoidance of opening the vessels in which the food is kept, or, where this is impossible, careful manipulation; and (3) the use of cotton-wool as a covering. Cotton-wool lids are specially prepared to fit the wide tops of the food vessels; they consist of a circular disc of cotton-wool, tightly held between two metal rings, the outer of which forms the overlapping rim of the lid.

RELATIVE ECONOMY OF DIFFERENT JOINTS AND FOODS.

To many people the word "economy" conveys an unpleasant idea of parsimonious living, pinching and scraping, though in reality it is but a synonym for good management. All really good cookery is based upon the knowledge of what to save, and the way in which that knowledge is utilized in preparing good and wholesome food. Some housewives think they are very economical if they restrict the family dinner to a single course of roast beef or boiled mutton, with nothing before or after it; but if they were to take the slight extra trouble of providing a good nourishing soup to precede the meat, and a pudding or sweet of some sort to follow it, they would greatly increase the comfort, enjoyment, and health of themselves and their families. No extra expenditure of money is necessary, because less meat is required. Nothing is so extravagant as to dine entirely off meat, and nothing is worse for the digestion. Soup wakes the stomach up to its work, and, as it is quickly absorbed, is a form of nourishment particularly suitable for people fatigued with work or exercise. Digestion is a physical as well as a chemical process, and requires a certain amount of vigour for its performance. For this reason solid food, if taken into the stomach of an exhausted person, frequently causes indigestion.

The popular idea that meat every day is absolutely essential causes much unnecessary expenditure by persons who can ill afford it. That meat every day is a superfluous part of a health-giving dietary is the teaching both of science and of experience. Sir Henry Thompson, in his work on *Food and Feeding*, says: "There is no doubt that the obvious and admitted value of a highly-nitrogenized food, of which meat is a concentrated form, to the labouring man has occasioned the almost universal belief that meat is the most desirable staple for all. 'If you wish to be strong, eat plenty of meat.' 'If you are feeling weak, eat more meat, and at every meal.' Such are the well-known articles of a creed which is deeply graven in the popular mind. Nevertheless, few statements relating to diet can be more misleading, and this is one which gives rise to much serious ill-health. . . . The one idea which the working-class possess in relation to improvement in

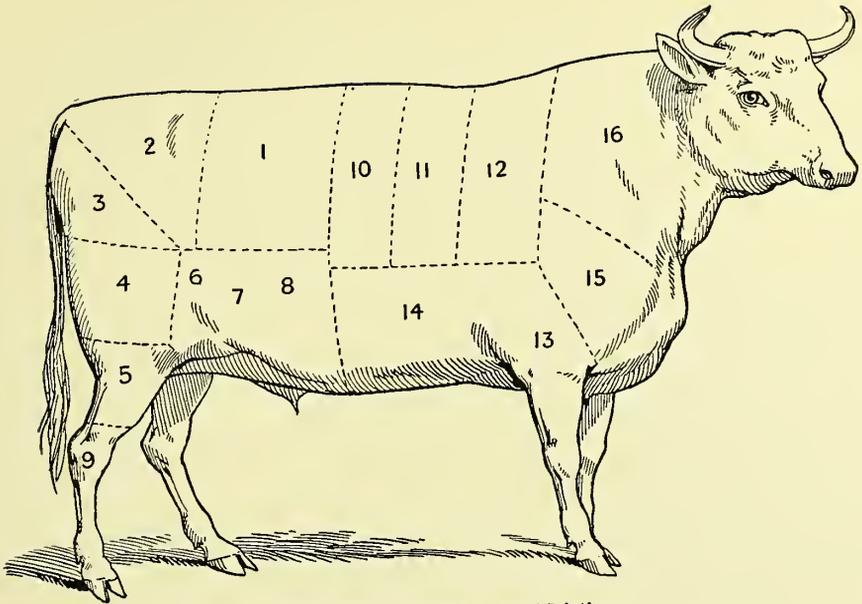


Fig. 230.—Bullock—English Plan of Jointing.

- | | | | |
|---------------|-------------------|------------------|--------------------------|
| 1. Sirloin. | 5. Mouse buttock. | 9. Leg. | 13. Leg-of-mutton piece. |
| 2. Rump. | 6. Veiny parts. | 10. Fore ribs. | 14. Brisket. |
| 3. Aitchbone. | 7. Thick flank. | 11. Middle ribs. | 15. Clod. |
| 4. Buttock. | 8. Thin flank. | 12. Chuck ribs. | 16. Sticking-piece. |

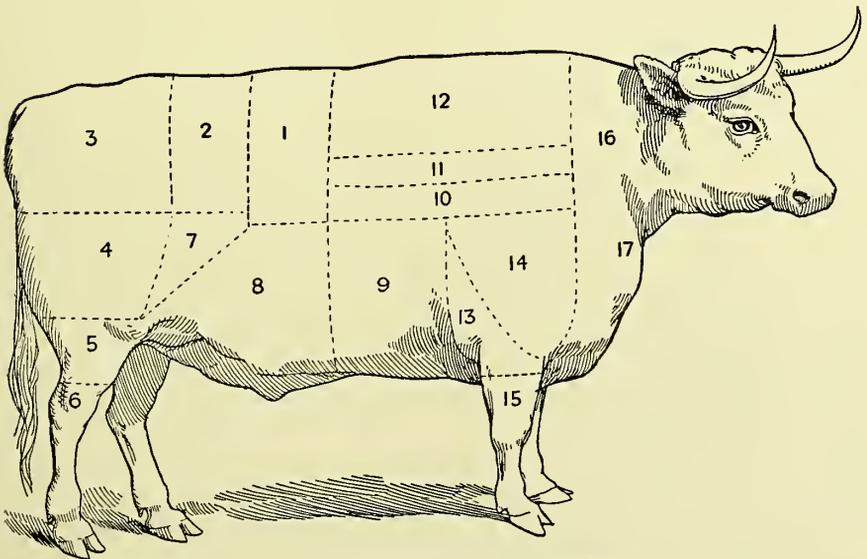


Fig. 231.—Bullock—Scotch Plan of Jointing.

- | | | | |
|---------------------------------------|--------------------------------------|-----------------------------------|-------------------------------|
| 1. Fore ribs. | 5. The mouse and part of leg (shin). | 9. Nine holes (used for stewing). | 13. Shoulder or mutton-piece. |
| 2. Sirloin. | 6. The leg. | 10. Runners. | 14. Brisket. |
| 3. Rump. | 7. Thick flank. | 11. First runner. | 15. Hough or shin (leg). |
| 4. The round (aitchbone and buttock). | 8. Thin flank. | 12. Spare ribs. | 16. Neck and head. |
| | | | 17. Clod or sticking-piece. |

diet, and which they invariably realize when wages are high, is an abundant supply of butcher's-meat. To make this the chief element of at least three meals a day, and to despise bread and vegetables, is for them no less a sign of taste than a declaration of belief in the perfection of such food for the purpose of nutrition."

If people only knew and considered the simple fact that flesh-forming material exists in numbers of things besides butcher's-meat, they would not cling to the erroneous belief that they will starve and perish if they do not have animal food every day. Milk, eggs, cheese, oatmeal, macaroni, lentils, and whole-wheat bread are extremely rich in flesh-forming properties, and may well be used as occasional substitutes for meat. Lean beef contains, roughly speaking, about twice as much flesh-forming material as wheat, but as beef costs about four times as much as flour, it is twice as expensive.

Economy is shown not only in the arrangement and preparation for table of the most nourishing and appetizing dishes at a minimum of cost, but also in the selection of the proper materials from which to make them. Especially in the case of butcher's-meat is it necessary to have some knowledge of the different joints. Some that are low in price may be far from profitable in use, and others that cost double the amount may be the most truly economical.

Beef: Best Joints.—In the case of beef, the parts that are most tender and succulent are those in which the muscles are least called into action, as, for instance, along the back, from the rump to the hinder part of the shoulder, while the limbs and neck are the driest and least esteemed. The sirloin is of all parts the most delicate, and is the primest joint for roasting. There is a legend that the name is derived from the fact that the "Merry Monarch" facetiously knighted a loin of beef which particularly pleased the royal palate.

"Our Second Charles, of fame facete,
On loin of beef did dine;
He laid his sword upon the meat,
'Arise, thou good Sir Loin!'"

One would like to believe the quaint tale, but, unfortunately for its credibility, the joint is described in early cookery books before the time of Charles II. as "surloin", and "s loin", that is super-loin—the part which lies over or upon the loin. This much-prized joint is, naturally, somewhat expensive, but when it can be afforded is undoubtedly worth its cost. The steaks cut from the fillet, or under-cut, are very tender, but many epicures prefer steaks from the rump as being more full-flavoured. The cost of home-fed meat is from 10*d.* to 1*s.* 2*d.* per lb.

The rump is divided into silver-side, middle part, and chump end. The first of these is usually salted and boiled, the second is cut into steaks, and the third is roasted or braised. Rump steak is considered to be at its best in the winter months, and should be cut from meat that has been hung for three or four days. Being a prime part of the meat, and greatly esteemed

for its tenderness and delicate flavour, it cannot be called an economical cut. The chump steak, if of good quality, may be advantageously used for stewing, pies, &c. Cost of silver-side, 6*d.* to 8*d.*; middle part, 1*s.* 4*d.*; chump, 8*d.* to 10*d.* per lb.

The buttock or round, either in a fresh condition or salted, is considered by many the best and most economical joint of beef for boiling. It may also be stewed, or cut into steaks. The upper side, if well hung, makes a good and economical roasting joint. The cost is from 10*d.* to 1*s.* per lb.

The aitchbone is frequently salted and boiled, but, if previously well hung, it is excellent when roasted. Owing to the large proportion of bone, this joint will not commend itself to economical housewives, but its moderate cost—about 6*d.* or 7*d.* per lb.—must be taken into account.

Next to the sirloin the ribs are the part best adapted for roasting. Ribs of beef are more economical if boned and rolled; one rib rolled makes a nice little joint. The fore ribs are considered the choicest, and should be hung for three or four days before being cooked. The butcher should be instructed to saw off the thin end of the ribs, as otherwise this end will be overcooked before the thick part is done. The piece taken off may be cooked by itself, or kept for soup. The middle ribs also form a good economical roasting part, and from the chuck ribs second-quality steaks are cut. This latter joint is also excellent for boiling or braising; or it can be used for all kinds of made-dishes into which beef enters. The cost is from 10*d.* to 1*s.* per lb.

Brisket of beef is usually salted and boiled. It is then boned and preserved, and forms a very convenient and acceptable dish for breakfast, lunch, or supper. The flank may be treated in the same way. Both joints are very suitable for stewing. The cost is about 7*d.* per lb.

The shin and leg of beef are indispensable in the making of good soups

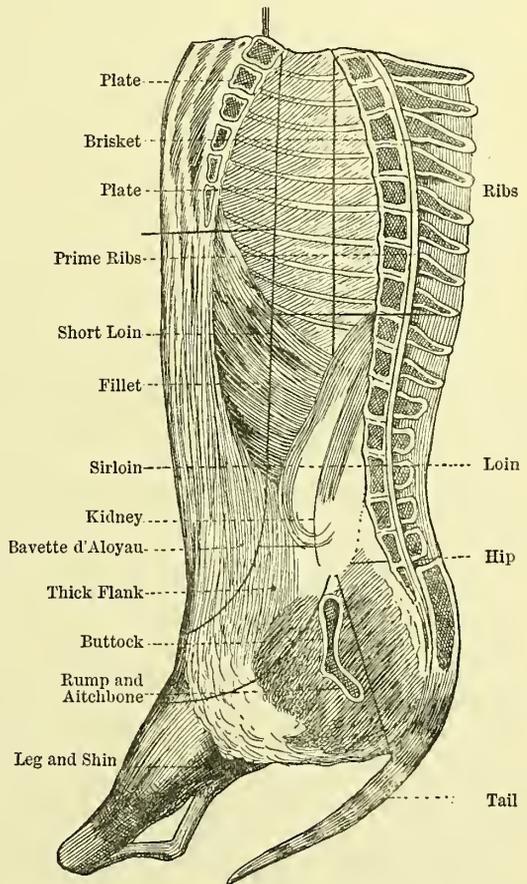


Fig. 232.—Section of Bullock or Ox.

and sauces; the top part of the leg makes a very nutritious dish when braised, and the shin an economical stew. The cost is from 4*d.* to 8*d.* per lb. according to the part selected. The tongue, a dainty and delicious part of the ox, is usually salted and boiled. The heels are stewed for jelly, or used to give body and consistency to soups; the shoulder is boiled or stewed; and the other portions are used in soups and stews.

Lamb: Best Joints.—Lamb is usually cut up into quarters. The fore-quarter, consisting of the shoulder, the breast, and the neck, is considered by many to be the best part. It should be used when fresh. The hind-

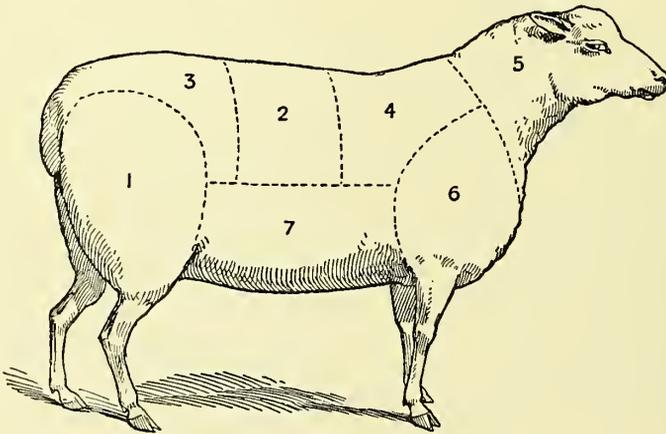


Fig. 233.—Sheep: English Plan of Jointing.

1. Leg. 2. Loin (best end). 3. Chump end of the Loin. 4. Neck (best end). 5. Scrag.
6. Shoulder. 7. Breast.

quarter consists of the leg and the loin, and is the better for being kept a few days. The shoulder is highly esteemed for its flavour, but the leg is the most economical joint for family use. The loin is generally roasted when not cut up into chops, and the other portions can be served in a great variety of dainty ways, the head and sweet-breads being specially esteemed. Price, 10*d.* to 1*s.* 2*d.* per lb.

Mutton: Best Joints.—The principal joints into which the sheep is cut for the market are: The hind-quarter, the leg, the loin, the saddle (which consists of the two loins cut in one), the fore-quarter, the shoulder, the neck, the scrag (which is the upper end of the neck), the breast, and the head.

A leg of mutton is an economical joint for a large family. Besides roasting and boiling, there are various other modes of preparing it for table. About 8 lbs. in weight is the best size, and a plump leg should be chosen, with a short bone. Cost, 10*d.* or 11*d.* per lb.

The saddle of mutton is rather an expensive joint, and is therefore seldom ordered by people of moderate means. It is considered the most tender and delicate part of the sheep. If hung in a cool, airy larder a saddle will keep from one to four weeks according to the weather. Cost, about 11*d.* per lb.

A neck of mutton is a particularly useful and economical joint. Cutlets are cut from the rib-bones; the scrag end may form the basis of excellent mutton broth, or may be stewed with mushrooms; and the middle and best end make a good roasting piece. The meat from the neck of a well-fed sheep has a particularly sweet flavour, and the great variety of dishes that can be made from it will commend it to the ingenious cook, while its cheapness will secure it the favour of the careful housewife. Cost, 6*d.* to 8*d.* per lb.

The shoulder is also an economical joint. It is usually roasted, but can be prepared in a great variety of other ways. Cost, about 10*d.* per lb.

The breast, a cheap portion of the animal, is frequently boned and rolled, with or without forcemeat stuffing, or it may be boiled or stewed. Cost, 5*d.* to 7*d.* per lb.

The loin may be roasted whole, or cut up into chops. Cost, 10*d.* to 1*s.* per lb.

The head forms an inexpensive and nutritious piece for boiling, and its pot-liquor makes, with added vegetables, the sheep's-head broth which is so popular a dish in Scotland. Cost, 7*d.* to 10*d.* each.

The prices given are for home-fed meat. Australian and New Zealand meat may be purchased at about twenty-five per cent less.

Pork : Best Joints.—The manner of dividing pork varies in different districts, but it is generally cut up as follows:—Spare-rib, hand, belly, fore-loin, hind-loin, leg, and head. The spare-rib, usually weighing about eight or nine pounds, is best roasted. The hand is generally too fat to be so treated; it should be salted for four days and then boiled. The belly is either pickled and boiled, or salted and cured for bacon. The loins are roasted or cut into chops. The leg, probably the most profitable joint for a family, is served up roasted, or salted and boiled. The head may be stuffed with herbs and spices and roasted, or the cheeks may be salted and boiled, the remainder being made into brawn.

Bacon is cut up differently from fresh pork, as shown in the illustrations. Hams vary in price according to the reputation of the curers and the place of origin. Yorkshire and Cumberland hams are deservedly held in great esteem, and command a high price; but Wiltshire and Berkshire hams are considered by some persons to be in no way inferior to the

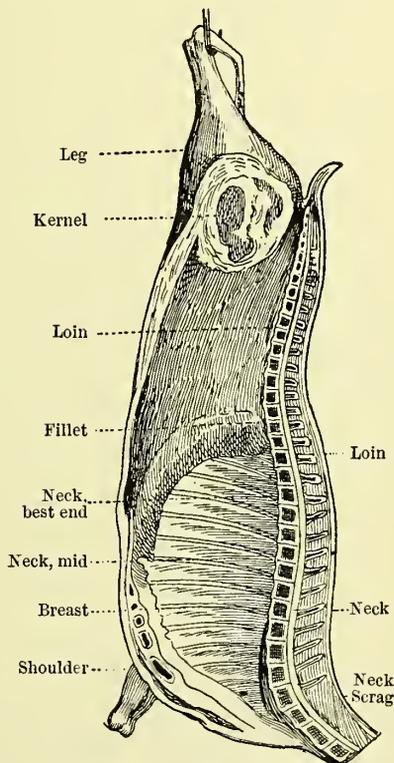


Fig. 234.—Section of Sheep.

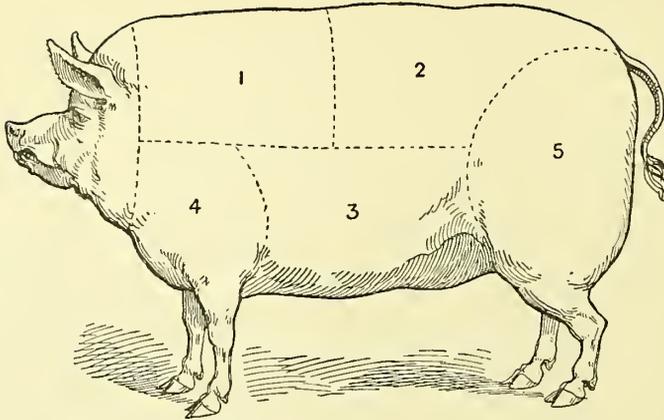


Fig. 235.—Pig: Usual Mode of Cutting up.

1. Neck, or Fore-loin 2. Loin. 3. Belly, or Spring. 4. Hand. 5. Leg.

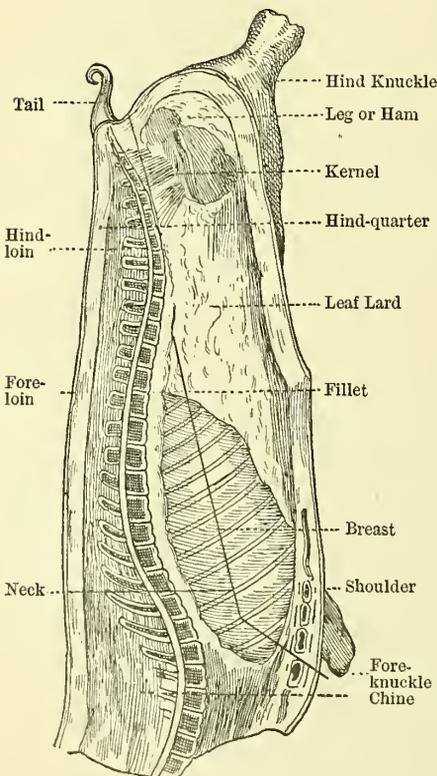
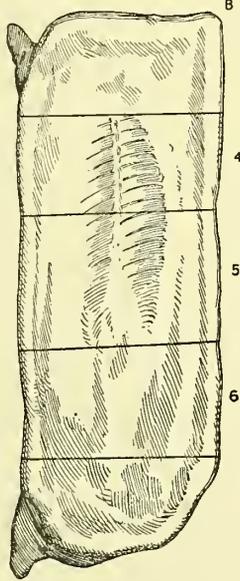
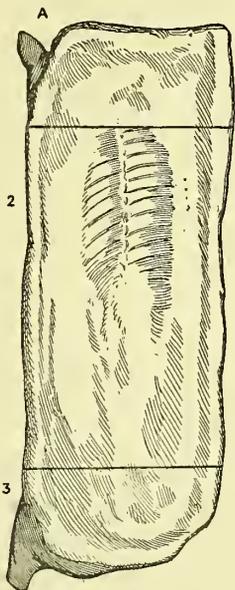


Fig. 236.—Section of Pig.

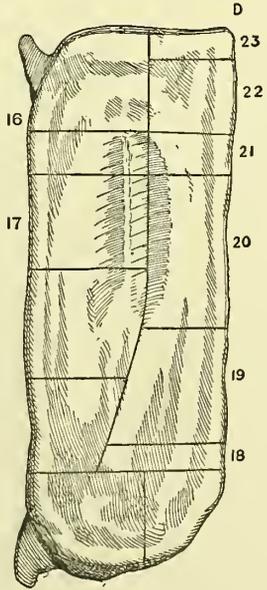
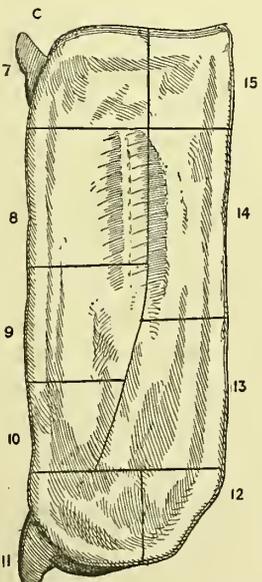
products of the more northern countries. There are several qualities of Irish hams, those of Belfast and Waterford being the most prized. Hams from Canada and the United States have, of late years, been imported into this country in large quantities. Although not possessing the delicate flavour of the home-cured, they are sufficiently palatable to render them popular, and their low price is a recommendation where strict economy has to be exercised.

Veal: Best Joint.—On account of the large amount of gelatine contained in veal it forms a favourite basis for soups, particularly for invalids. For this purpose the knuckle and the leg are generally used. Cutlets are taken from the fillet and the best end of the neck. The loin is considered the best joint for roasting. Breast of veal is an economical joint, and is excellent when stuffed and roasted. The head, boiled, hashed, or in the form of pie, is a dish much

esteemed. Veal is insipid when taken by itself, and almost always requires an accompaniment of pronounced flavour, such as bacon, onions, or a piquant sauce. The most highly-prized portion of the animal is the sweet-bread.



- No.
1. Fore-end.
 2. Middle.
 3. Gammon with corner.
- 1, 2, 3 constitute the side.
- 2 and 3 form a three-quarter side.
- 4, 5, 6 cut through side.
7. Fore-hock.
 8. Thick streaky.
 9. Thin streaky.
 10. Flank.
 11. Gammon.
 12. Corner of gammon.
 13. Long Loin.
 14. Back and ribs.
 15. Collar.
 16. Top of thick streaky.
 17. Streaky, middle cut.
 18. Leanest part of loin.
 19. Loin.
 20. Back ribs prime cut.
 21. Thick back.
 22. Prime part of collar.
 23. End of collar.



No.	Weight about
1.	16 lbs.
2.	30 "
3.	14 "
4.	10 "
5.	11 "
6.	9 "
7.	8 "
8.	8 "
9.	4 "
10.	3 "
11.	10 "
12.	4 "
13.	7 "
14.	8 "
15.	8 "
16.	2½ "
17.	5½ "
18.	2 "
19.	5 "
20.	6 "
21.	2 "
22.	6 "
23.	2 "
Whole side	60 "

Fig. 237.—A Guide to ordering Bacon.

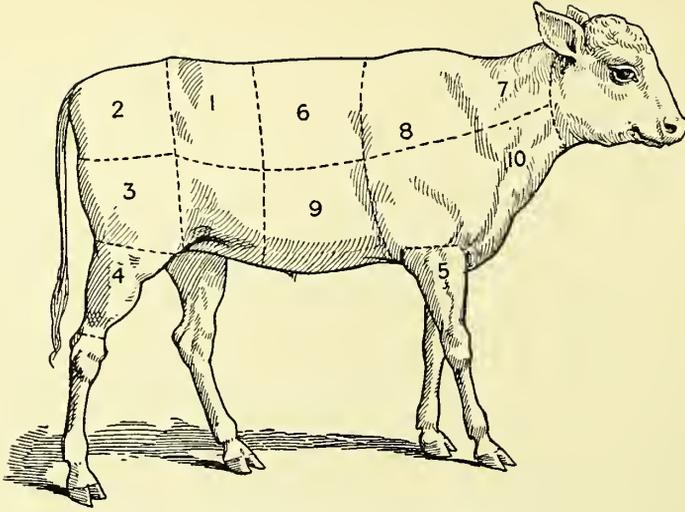


Fig. 238.—Calf: English Plan of Jointing.

1. Loin (kidney end). 2. Loin (chump end). 3. Fillet. 4. Hind-knuckle. 5. Fore-knuckle.
6. Neck (best end). 7. Scrag. 8. Blade-bone. 9. Breast (best end). 10. Brisket.

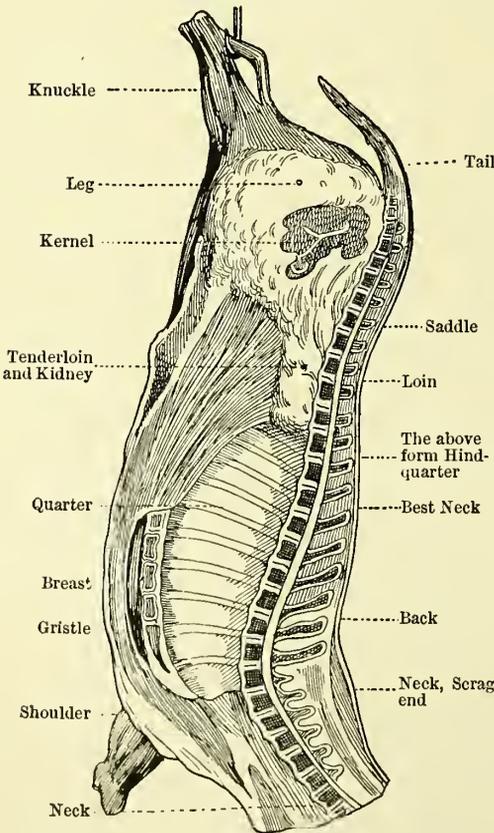


Fig. 239.—Section of Calf.

The French feed their calves with the special object of developing the pancreas, and large numbers of sweet-breads are imported into the London market from Paris, and sold at high prices to West End clubs and restaurants. Cost:—Loin, 10*d.*; knuckle, 7*d.* or 8*d.*; breast, 7*d.* or 8*d.*; fillet, 1*s.*; and shoulder, 8*d.* per lb. Heads, 3*s.* to 4*s.* each; feet, 6*d.* to 8*d.* each.

It should be here stated that different countries have different ways of jointing meat. The English plan, which has been followed here, divides the meat more advantageously for roasting than the Scotch. The latter, on the other hand, adhering closely to the French method, gives more pieces for boiling and stewing.

Venison: Best Joints.—The prime joint of venison is the haunch, but the neck and shoulder are preferred by some. The haunch, like the shoulder, is

generally roasted as a pasty. Chops and cutlets from the loin and neck are treated in the same way as mutton chops. The breast is best adapted for stewing, and other portions form the constituents of game-pies, soups, &c. Venison is less nutritious than beef, but is more easily digested, especially when it has been well hung. It is, indeed, one of the most easily digested kinds of animal food, and can be recommended for people of weak digestion. For them it should be roasted plainly and served without any sweet condiment.

FOOD VALUES.

The subject of food values may seem to some people to be of purely theoretical interest, but before anyone can be thoroughly practical, he must have some idea of the theory of the work in which he is engaged and of the nature of the materials he uses. Although the inquiry might take us over a wide field, the main principles can be stated in a brief form.

The Purposes of Food.—The purposes which food has to fulfil in the human economy are threefold: (1) the maintenance of the temperature of the body; (2) the generation of force; and (3) the building up of the tissues, and supplying the waste which is the natural and inevitable result of wear and tear. It is to be remembered that as long as the vital processes are going on at all, work is being done. Even in sleep the heart is beating and respiration is being performed, and all this means the expenditure of energy. The quantity and quality of food varies, of course, with the age, the climate, the state of health, and the amount of exercise taken. A young growing lad needs more food than an old person, and an active man pursuing a life of outdoor exercise more than one engaged in a sedentary occupation; while dwellers in cold regions, such as the Esquimaux, require a different kind of food from the light diet on which the natives of India can maintain health and strength.

Digestion of Food.—Before food can be of any use to the system, it must be transformed into a condition which will enable it to be absorbed into the blood. This is effected by digestion, a combination of many different processes, chemical and mechanical, their ultimate object being to reduce the food into a liquid state. The useful parts are then taken into the blood-current, while those that are insoluble and indigestible are eliminated by the various excreting organs. Thus, we have mastication and salivation (or the mixing of the food with the saliva in the mouth), swallowing, the digestive process, which takes place in the stomach, and the action of the bile and various other fluids secreted by special organs.

Man, as is well known, thrives best upon a mixed diet of meat, fruit, and vegetables. The ultimate elements of which his body is composed must be the same as those contained in his food, but different foods have different functions to perform.

Need of Water.—Foods may be divided into two great classes, the

inorganic and the organic. The inorganic foods are water and salts. Water is of paramount importance in the economy of the human frame. Without it no food can be swallowed, digested, or assimilated. Out of the 154 lbs. reckoned to be the average weight of a full-grown man, there are about 109 lbs. of water, or about 70 per cent. It constitutes about 78 per cent of the blood—90 per cent if the corpuscles are excluded.

The necessity of water is rendered still more obvious by a consideration of the quantity daily eliminated from the system. The loss by perspiration may be computed at from 18 to 32 ounces, the quantity breathed out from the lungs at about 11 ounces, and that drained off through the kidneys at 50 ounces. In proper diet the supply is fairly apportioned to the demand. A high percentage of water is contained even in much of our solid food.

Proportion of Water in Different Foods.—The following food analyses will show the presence of water in articles commonly reckoned as dry. They are taken from Professor Church's *South Kensington Handbook on Food*. The quantities of water in 100 lbs. of different kinds of food are there stated to be—

1. *Vegetable Food.*

Fresh oatmeal 5 lbs.	Grapes 80 lbs.
Maize-meal 14 „	Parsnips 81 „
Wheaten flour 14 „	Beet-root 82 „
Barley-meal 14 „	Apples 83 „
Peas 14 „	Carrots 89 „
Haricot beans 14 „	Cabbages 89 „
Rice 15 „	Onions 91 „
Bread 40 „	Lettuces 96 „
Potatoes 75 „	Mushrooms 96 „

2. *Animal Food.*

Butter 10 lbs.	Lean of meat 73 lbs.
Bacon 22 „	Fowl 73 „
Cheese 34 „	Fish 74 „
Eggs 72 „	Milk 86 „

It is reckoned that, in this country, every adult requires on an average about $3\frac{1}{2}$ lbs. of water as liquid food per day; or, to put it in another way, he ought to imbibe about four pounds of water for every pound of dry food consumed. Now, although it is clear from the foregoing tables that our ordinary diet is far from being really dry, yet the deficiency of moisture is considerable, and we cannot better supply it than by selecting water itself as our beverage.

Other Inorganic Foods.—Among inorganic substances required by the human frame are various salts. Phosphate of lime is necessary for the bones; phosphate of soda for the cartilages; phosphate of magnesia for the muscles; phosphate of potash for the hair, skin, and nails; iron for the colouring matter of the blood; sulphur for the blood and hair; and phosphorus for the brain and nerves. The only salt taken by itself as a food

is common table-salt, or chloride of sodium; the others are extracted from the various food-stuffs. Ripe fruits and fresh vegetables are particularly rich in salts, as also are peas, beans, lentils, and oatmeal.

Organic Foods: Heat-giving.—Organic foods may be divided into two groups—the carbonaceous or heat-giving and the nitrogenous or flesh-forming. Substances belonging to the former of these groups, whatever be

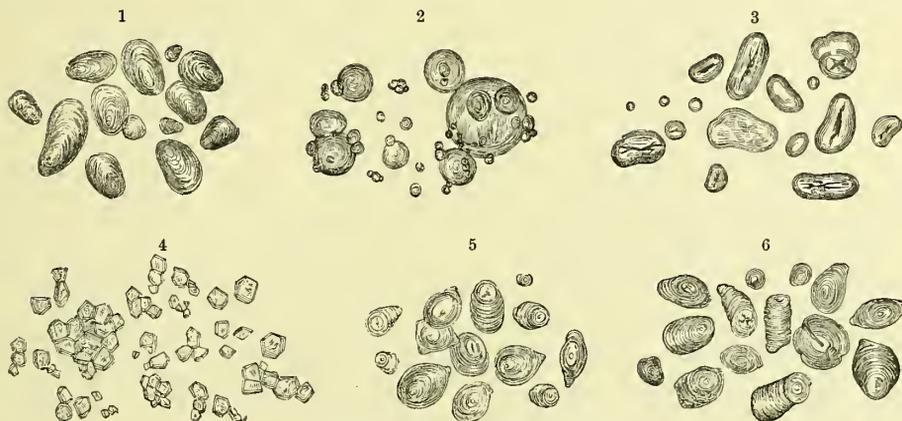


Fig. 240.—Starch Granules (magnified).

1. Potato. 2. Wheat. 3. Bean flour. 4. Rice. 5. St. Vincent arrow-root. 6. Bermuda arrow-root.

their nature, resolve themselves in the stomach into starch, sugar, and fat. Their main functions are to maintain heat and to evolve force and energy.

Starch.—Starch is the flour of all dry vegetables, and is insoluble (although it is diffusible) in water. By itself it cannot be digested, but nature converts the stomach into a chemical laboratory, and by the action of the saliva turns the insoluble starch into soluble sugar. The articles which yield the most abundant supply of starch are potatoes, arrow-root, sago, tapioca, wheat, oats, rice, and maize. Starch foods should not be taken continuously, or alone, as articles of diet, but should always be accompanied by some substance yielding a proper proportion of nitrogen to the system.

Sugar.—Sugar contains the same elements as starch, but in different proportions. It occurs in wheat, barley, oats, lentils, beans, peas, beet, carrots, maple, maize, and in many fruits and roots besides the sugar-cane. It is also present in milk. Its value as a food is shown in the universality with which it is supplied by nature to the young of all the higher animals in the milk of the mother.

Fat.—Fat, the third constituent of the carbonaceous group, is, like starch, insoluble in water, and therefore cannot, in its natural state, be absorbed by the system. Nature, however, once more lends its aid, and, by mixing with the fat the alkali contained in the bile and the pancreatic fluid, forms a soapy compound which can easily be absorbed. The use of fat is to supply the blood with a quantity of fuel for combustion. All

excess of fat generated in the system, and not thus used by the lungs, is deposited in the cells of the adipose tissue, where it is accumulated until the exigencies of the system require its use. Fat or oil occurs in many members of the vegetable kingdom, such as the palm, olive, and almost all kinds of nuts. It is also found in milk, there being 3·5 in cows', and 5·0 in goats', milk per 100 parts.

The following table will show the proportion of fat in some other familiar articles of food:—

Salmon	...	5·0	in 100 parts.	Cheese	...	25·0	in 100 parts.
Herrings	...	6·7	" " "	Beef	...	30·0	" " "
Mackerel	...	7·0	" " "	Mutton	...	40·0	" " "
Veal	...	16·0	" " "	Pork	...	50·0	" " "

Organic Foods: Flesh-forming.—The nitrogenous or flesh-forming division of organic foods is rich in albumen, fibrin, casein, and gelatine.

Albumen.—Albumen is represented by the white of egg and the lean of meat. In its pure state it is a clear white fluid which solidifies when exposed to a temperature of 180° Fahr., 32° below the boiling-point of water. The vegetable world also yields albumen. Rye, wheat, oatmeal, and peas, for instance, contain a large amount of this valuable food. Hence it is quite possible to maintain health on a properly regulated vegetarian diet, though it may not always be desirable. The nervous system of the body, and that wonderful organization the brain, are largely dependent for their nutrition upon the albuminous constituents of food; albumen also forms a large proportion of the composition of the blood. And here it should be noted that alcohol, if taken into the stomach, renders albumen incapable of being acted upon for the benefit of the system. The cause of those distressing mental and nervous affections from which drunkards suffer is that a food which should go to the repair and healthy vigour of the brain and nervous system is prevented from discharging its proper function.

Fibrin.—Fibrin, in the solid state, constitutes the bundles of minute fibres of which all the muscles of the body are composed. In a liquid state, held in solution in the blood, it also circulates throughout the system. It is as abundant in the vegetable as in the animal kingdom, but, when found in the former, it is known as gluten. The plants which yield the largest amount of it are oats, barley, wheat, maize, rye, rice, and potatoes, in the order named. Besides its pre-eminence as a nutritive constituent of wheaten flour, gluten helps the rising of dough when inflated by carbonic acid gas, thus rendering the bread light and spongy.

Casein.—The third form of nitrogenous food-matter is casein, which is the basis of cheese. It is found chiefly in milk, from which it is separated by the action of rennet. The casein by this means is coagulated into curds, which, when pressed, form cheese. Casein differs from fibrin chiefly in containing no phosphorus. The fact that it is the only flesh-forming constituent of milk is a proof of its nutritiveness, and also of its digestibility when it is in a fluid state.

Gelatine.—The fourth and last constituent of flesh-forming food is gelatine. It abounds in the skin, mucous membranes, connective tissues, tendons, and ligaments. In food it is represented by isinglass, French or sheet gelatine, and ossein or gelatine of the bones. The two first varieties are used, with various flavourings, for table jellies and other articles of diet; the last is extracted from bones by boiling in order to give thickness and consistency to soups. This class of food-stuffs, of which calves'-foot jelly is a well-known type, deservedly hold a high position in sick-room dietary; for, although their value as flesh-formers may be questioned, they undoubtedly are light, nourishing, and palatable articles of diet.

ADVANTAGE OF MIXED DIET.

An average healthy man should eat daily, in order to keep in good health, $17\frac{1}{2}$ ounces of carbonaceous food, $4\frac{1}{2}$ ounces of nitrogenous food, and 1 ounce of mineral salts. The proportion of organic constituents in some of the most familiar food-stuffs will be seen by the following table of percentages:—

	Water.	Nitrogenous.	Carbonaceous.	Salts and Ashes.
Lean of butcher's-meat ...	63·4	21·5	14·3	0·8
White bread	24·0	10·7	64·3	1·6
Peas	16·1	29·0	51·5	3·5
Broad beans	14·5	21·0	62·6	2·5
Haricot beans	18·0	28·0	51·0	3·0
Lentils	15·0	29·0	53·0	3·0
Hominy	1·4	11·5	85·4	1·7
Oatmeal	9·0	12·0	77·0	2·0

A consideration of the foregoing figures will show that a mixed diet is the simplest way of sustaining healthy life, as no single article of food (with the exception of milk) contains the necessary constituents in proper proportions. Even bread, which is popularly supposed to be the staff of life, fails when this test is applied to it. Taking Dr. Goodfellow's figures, the following table shows that, when compared with the standard diet of a healthy man, white bread contains a surplus of starch:—

	Standard.	White Bread.
Dry proteid (albumen)	4·50 oz.	3·00 oz.
Starch and sugar	14·50 „	19·00 „
Fat	3·00 „	·30 „
Ash	1·00 „	·70 „
	<u>23·00 oz.</u>	<u>23·00 oz.</u>

Bread is thus deficient in fat and albumen, and overcharged with starch. The proper proportion of constituents can be restored by eating it with cheese (casein) and butter (fat), or with fat beef or pork.

Nature often seems to suggest the proper combination of foods to persons who cannot lay claim to any scientific training. Such dishes of the labouring classes, for instance, as beans and bacon, potatoes and herrings, pork and pease-pudding, and Irish stew, combine the nitrogenous and carbonaceous elements in the required proportions. Soup is also a convenient and nourishing form of food, containing as it does albumen and fat from the meat which forms its basis, gelatine from the bones, and starch, gluten, and salts from the vegetables incorporated with it. The custom, too, of eating vegetables with butcher-meat is a truly scientific one, the excess of carbonaceous elements in the former counteracting the deficiency in the latter.

Diet based on Digestibility.—It would be unsafe, however, to base a dietary table solely upon the constituents of various foods, as much of their nutritive value depends upon their digestibility. In this connection it must be remembered that human stomachs are not all constituted alike, and that what is digestible in one person's stomach may be more or less insoluble in another's. Pork, fish, eggs, milk, game, geese, turkeys, and potatoes are not equally digestible by all, and everyone must eliminate from his dietary any article which he has found from experience to disagree with him. But in the case of an ordinary healthy person the following table of the times required for the digestion of different kinds of food will be found approximately correct:—

	Hrs.	Mins.
Tripe, sweet-breads, lamb's trotters, white fish	...	1 0
Eggs, raw and well-beaten	...	1 30
Eggs, hard boiled or fried	...	3 30
Rice, boiled	...	1 0
Chicken, boiled	...	1 30
Chicken, fricasseed	...	2 45
Lamb, boiled	...	2 30
Turkey, roast or boiled	...	2 30
Mutton, boiled or broiled	...	3 0
Mutton, roast	...	3 15
Beef, roast or boiled	...	3 30
Beef, fried	...	4 0
Beef, salt	...	4 15
Pork, roast	...	5 15

Salmon, herrings, and eels are indigestible from their oiliness. Game is digestible on account of its short grain and leanness. Vegetables, unless thoroughly cooked, are generally indigestible. Ripe fruits are rich in phosphates and sulphates, and are both wholesome and nutritious.

From the foregoing tables it will be easy for any intelligent person to construct a dietary suited to his own constitution, needs, and means.

FOOD IN SEASON IN EACH MONTH.

The compilation of such a list as the following is complicated by the fact that swifter communication and increased trade between this country and the colonies—notably Australia—have placed upon the market numerous products at what were formerly regarded as unseasonable times. With improved storage, packing, carriage, and means of distribution, we seem to be within measurable distance of the time when nothing will ever be out of season.

The following table, therefore, can only be regarded as approximately correct. For, if the products of Greater Britain that are arriving in ever-increasing numbers are included, many of the articles enumerated may be regarded as being in season all the year round.

JANUARY.

Meat.—Beef, mutton, pork, house lamb, doe venison.

Poultry and Game.—Ducks, fowls, hares, larks, pigeons, pheasants, plover, partridges, ptarmigan, quail, rabbits, snipe, turkeys, teal, woodcock, wild-fowl.

Fish.—Barbel, bream, brill, carp, cod, crabs, crayfish, dory, eels, gurnets, haddocks, halibut, hake, herrings, lampreys, ling, lobsters, mussels, oysters, perch, pike, prawns, scallops, shrimps, skate, smelts, soles, sprats, sturgeon, tench, turbot, white-bait, whiting.

Vegetables.—Artichokes, beet, broccoli, Brussels sprouts, cabbage, carrots, celery, leeks, onions, parsnips, savoys, spinach, turnips, tomatoes.

Fruit.—Almonds, apples, bananas, grapes, medlars, nuts, oranges, pears.

FEBRUARY.

Meat.—Beef, mutton, veal, house lamb, pork.

Poultry and Game.—Capons, chickens, ducks, fowls, hares, larks, pheasants, partridges, plover, ptarmigan, prairie-hens, rabbits, snipe, turkeys, teal, widgeon, woodcock.

Fish.—Carp, cod, crabs, crayfish, dory, eels, flounders, gurnets, herrings, haddocks, lobsters, mackerel, oysters, plaice, perch, pike, scallops, salmon, skate, smelts, sprats, trout, tench, white-bait.

Vegetables.—Artichokes, beet, Brussels sprouts, celery, cabbage, cucumbers, greens, leeks, lettuce, mushrooms, onions, parsnips, savoys, spinach, turnips, tomatoes.

Fruit.—Apples, bananas, figs, grapes, melons, nuts, oranges, pines, pears, rhubarb (forced).

MARCH.

Meat.—Beef, mutton, veal, pork, house lamb.

Poultry and Game.—Black game, capons, chickens, ducks, ducklings, fowl, wild-geese, guinea-fowl, hares, ortolans, (partridges, pheasants, and plover until middle of month), ptarmigan, prairie-hens, quail, ruffs and reeves, rabbits, snipe (until 15th), teal, widgeon, woodcock.

Fish.—Carp (till 15th), crabs, cod, crayfish, dory, eels, flounders, gurnets, haddocks, lobsters, mackerel, oysters, (perch and pike to 15th), salmon, scallops, smelts, skate, sprats, trout, turbot, (tench till 15th), white-bait.

Vegetables.—As in February, with the addition of new potatoes.

Fruit.—As in February.

APRIL.

Meat.—Beef, mutton, grass lamb, house lamb, pork.

Poultry and Game.—Capons, chickens, ducks, ducklings, fowls, guinea-fowls, hares, leverets, ortolans, prairie-hens, plovers' eggs, quail, ruffs and reeves, rabbits.

Fish.—Crabs, crayfish, cod, eels, flounders, gurnets, haddocks, lobsters, mackerel, oysters, prawns, salmon, scallops, smelts, skate, sprats, trout, turbot, white-bait.

Vegetables.—Artichokes, asparagus, beet, cucumbers, eschalots, leeks, lettuce, spring onions, new potatoes, parsnips, spinach, tomatoes, young turnips.

Fruit.—Apples, almonds, bananas, figs, grapes, pines, rhubarb.

MAY.

Meat.—Beef, mutton, grass lamb, veal.

Poultry and Game.—Capons, chickens, ducks, fowls, guinea-fowl, hares, leverets, ortolans, plovers' eggs, quails, ruffs and reeves, rabbits.

Fish.—Bass, brill, crabs, crayfish, eels, gurnets, halibut, haddocks, lobsters, mackerel, plaice, prawns, salmon, soles, scallops, smelts, skate, turbot, trout, white-bait.

Vegetables.—Asparagus, beet, new carrots, cucumbers, lettuce, new potatoes, spring onions, new turnips, spinach.

Fruit.—Apples, almonds, bananas, figs, grapes, green gooseberries, pines, rhubarb.

JUNE.

Meat.—Beef, mutton, lamb, veal, buck venison.

Poultry and Game.—Capons, chickens, ducks, rows, goslings, hares, leverets, ortolans, plovers' eggs, quails, ruffs and reeves, rabbits, turkey poults.

Fish.—Bass, brill, (carp after 15th), crabs, crayfish, eels, gurnets, halibut, haddocks, lobsters, mackerel, plaice, (perch after 15th), prawns, (pike after 15th), salmon, soles, turbot, trout, (tench after 15th), whiting, white-bait.

Vegetables.—Asparagus, beet, new carrots, cucumber, greens, leeks, lettuce, peas, new potatoes, spring onions, spinach, tomatoes.

Fruit.—Almonds, bananas, cherries, currants, figs, grapes, gooseberries, pines, raspberries, strawberries

JULY.

Meat.—Beef, lamb, mutton, veal, buck venison.

Poultry and Game.—Capons, chickens, ducks, fowls, goslings, hares, leverets, ortolans, plovers' eggs, quails, ruffs and reeves, rabbits, turkey poults.

Fish.—Bass, brill, carp, crabs, crayfish, dory, eels, gurnets, halibut, haddocks, lobsters, mullet, plaice, perch, prawns, pike, salmon, soles, sea-bream, turbot, trout, tench, whiting, white-bait.

Vegetables.—Asparagus, beet, broad-beans, cucumbers, cabbage, French beans, leeks, spring onions, scarlet-runners, peas, new potatoes, spinach, tomatoes.

Fruit.—Almonds, bananas, cherries, currants, figs, grapes, gooseberries, pines, raspberries, strawberries.

AUGUST.

Meat.—Beef, lamb, mutton, veal, buck venison.

Poultry and Game.—Capons, chickens, wild and tame ducks, fowls, grouse (on 12th), hares, larks, leverets, plover, rabbits, snipe, teal, turkey poults, widgeon, woodcock.

Fish.—Bass, brill, carp, crabs, crayfish, dory, eels, flounders, gurnets, herrings, halibut, haddocks, lobsters, mullet, plaice, perch, prawns, pike, salmon, soles, sea-bream, turbot, trout, tench, whiting, white-bait.

Vegetables.—Beet, cauliflowers, cucumbers, cabbage, field mushrooms, French beans, leeks, peas, scarlet-runners, spinach, vegetable marrow.

Fruit.—Apricots, almonds, bananas, cherries, currants, filberts, figs, gooseberries, grapes, green-gages, melons, mulberries, nectarines, pines, pears, peaches, plums, raspberries, strawberries.

SEPTEMBER.

Meat.—Beef, mutton, New Zealand lamb, pork, veal, buck venison.

Poultry and Game.—Capons, chickens, ducks (wild and tame), fowls, geese, grouse, hares, larks, partridges, pheasants, plovers, rabbits, snipe, turkeys, teal, widgeon, woodcock.

Fish.—Bass, brill, carp, crabs, cod, crayfish, dory, eels, flounders, gurnets, herrings, halibut, haddocks, lobsters, mackerel, mullet, oysters, plaice, perch, pike, soles, shrimps, sea-bream, turbot, tench, whiting.

Vegetables.—Brussels sprouts, beet, celery, cauliflower, cabbage, cucumbers, French beans, mushrooms, leeks, parsnips, scarlet-runners, spinach, tomatoes, vegetable marrows.

Fruit.—Apples, apricots, almonds, bananas, cherries, cob-nuts, damsons, filberts, figs, grapes, green-gages, melons, medlars, mulberries, nectarines, pines, pears, peaches, plums, walnuts.

OCTOBER.

Meat.—Beef, New Zealand lamb, mutton, pork, veal, doe venison.

Poultry and Game.—Black game, capons, chickens, capercaillie, wild-ducks, fowls, geese, grouse, hares, larks, pheasants, partridges, plovers, rabbits, snipe, turkeys, teal, widgeon, woodcock.

Fish.—Brill, carp, crayfish, cod, dory, eels, flounders, herrings, halibut, haddocks, lobsters, mullet, mackerel, oysters, plaice, perch, pike, soles, scallops, smelts, skate, sea-bream, turbot, tench, whiting.

Vegetables.—Jerusalem artichokes, Brussels sprouts, beet, celery, cauliflowers, cucumbers, French beans, greens, leeks, parsnips, savoys, scarlet-runners, turnips, spinach, tomatoes, vegetable marrows.

Fruit.—Apples, apricots, almonds, cob-nuts, filberts, figs, grapes, melons, medlars, nectarines, oranges, pines, pears, peaches.

NOVEMBER.

Meat.—Beef, New Zealand lamb, mutton, pork, veal, doe venison.

Poultry and Game.—Black game, capons, capercailzie, chickens, wild and tame ducks, fowls, geese, grouse, hares, larks, landrails, pheasants, partridges, plovers, ptarmigan, rabbits, snipe, turkeys, teal, widgeon, woodcock.

Fish.—Brill, carp, crabs, cod, crayfish, dory, eels, flounders, herrings, halibut, haddocks, lobsters, mackerel, oysters, plaice, perch, pike, soles, scallops, smelts, skate, turbot, tench, whiting.

Vegetables.—Jerusalem artichokes, Brussels sprouts, beet, celery, carrots, cauliflowers, greens, leeks, parsnips, savoys, winter spinach.

Fruit.—Apples, almonds, bananas, chestnuts, figs, grapes, melons, oranges, pines, pears, pomegranates, quinces, walnuts.

DECEMBER.

Meat.—Beef, New Zealand lamb, mutton, pork, veal, doe venison.

Poultry and Game.—Black game, capons, capercailzie, ducks, fowls, geese, grouse (until 10th), hares, larks, landrails, pheasants, partridges, plovers, ptarmigan, rabbits, snipe, turkeys, teal, widgeon, woodcock.

Fish.—Brill, carp, crabs, crayfish, cod, dory, eels, flounders, gurnets, herrings, halibut, haddocks, lobsters, mackerel, oysters, plaice, perch, pike, soles, scallops, smelts, skate, sprats, tench, whiting.

Vegetables.—Jerusalem artichokes, Brussels sprouts, beet, celery, cucumber, greens, leeks, carrots, parsnips, turnips, tomatoes, winter spinach.

Fruit.—Apples, almonds, bananas, chestnuts, figs, grapes, melons, oranges, pears, pines, forced rhubarb, walnuts.

COOKERY.

It is hardly too much to say that the welfare not only of ourselves, but also of future generations, is largely dependent upon good cookery. If the subject were more intelligently studied and practised, the result would be a great improvement in the physical, and consequently in the mental, powers of the race. Most persons realize more or less vaguely the importance of proper food and of the proper manner of preparing it, but when they try to give effect to their ideas they often fail through sheer ignorance.

Even those who have some knowledge of cookery are too often inclined to follow the beaten round, forgetting that a dish, excellent in itself, may become distasteful if frequently repeated. The Frenchman who declared that "the English had a hundred different religions, but only one butter sauce", was a humorist in his way, yet his humour was not far removed from the truth. In spite of the many schools of cookery now established throughout the country, monotony is still the key-note of the ordinary English dinner.

The housewife who provides the roast or boiled, chops or steaks, and a good pudding, congratulates herself upon the wholesomeness and the economy of her dinner. In both respects she is mistaken; she wearies the appetite and lightens the household purse at the same time.

The cold joint undoubtedly has its uses. Many a dainty dish can be evolved from cold meats—from what the servants term "scraps", and waste accordingly. The trained lady cook wastes nothing. She knows too well the value of every ounce of good food. The scrap of ham or tongue will decorate a savoury; the anchovy or cold vegetable will transform a salad or help to make a tortilla; even the water in which vegetables, fish, and meat have been boiled will form the basis of an excellent soup. It is surprising that cooks who are in the daily habit of boiling vegetables to make the foundations of their soups, and cooking meat to form their entrées, have not found out for themselves that these things ready at hand save both time and money. In many kitchens the water in which meat and vegetables have been boiled is thrown down the drains, a proceeding which is exceedingly insanitary, to say nothing about the loss of good material. Dripping, bones, stale bread, and even fat from the stock-pot, all have their uses. The fat can be clarified, and used for pastry and cakes, and also for frying. The bones, with the addition of a few vegetables, will make excellent soups; and the bread when crushed is "chapelure".

This, then, is the first essential of all good cookery—economy: not the economy of parsimony, which buys cheap and imperfect food, for that is

merely bad management, but the economy which allows no waste and uses all material to the best advantage. The two other essentials are cleanliness and exactitude. Untrained cooks will not take the trouble to weigh and measure their materials, though "rule of thumb" never answers. Exactitude of proportion is a positive necessity in good cookery. It is impossible, however, to insist too strongly upon the necessity for perfect cleanliness. After many months of training, the average cook may see the necessity of keeping the insides of her sauce-pans clean, and realize that to allow flavours and grease to cool in them is to double her own labour and spoil her dishes. But the outsides and handles must be clean too. What can be more unpleasant than, when making cakes or pastry, to find the hands black from handling a dirty sauce-pan? Many a delicate dish is spoiled by an unwashed sauce-pan lid. Grease and vapours rise, congeal, and, unless removed, fall again as liquid, which carries with it many flavours that are undesirable—perhaps the flavour of onion when one requires vanilla.

But a mistress cannot train a servant until she has first trained herself. And for this purpose she may perhaps find some useful hints in the following general directions, which, for easy reference, are arranged alphabetically.

VARIOUS METHODS AND PROCESSES OF COOKING.

Baking.—The first thing to be considered in baking is the oven. It must be well ventilated to allow the escape of steam and vapours. It must also be scrupulously clean and free from even a suspicion of grease, or the things cooked in it will be tainted and spoiled. After cooking, the shelves should always be rubbed well with brown paper while they are hot.

Baking is more economical than roasting, and requires less trouble, but unless it is properly carried out a satisfactory result is impossible. Never cook a large joint in a small oven. The side of the oven nearest the fire naturally gets very hot, and if there is not sufficient space between it and the joint the latter will be burned on one side and uncooked on the other. To turn the joint frequently does not improve matters, for every time the door is opened the warm air escapes. Never remove the round from the top of the stove during baking; for doing that also causes a loss of heat and delay in cooking.

As regards the time required, about twelve minutes for every pound is sufficient in a large oven, unless the joint is a very thick one, in which case fifteen minutes at a moderate temperature is necessary. Small thin joints need a greater heat and quicker cooking. For the first quarter of an hour the temperature must be at the highest. It must be sufficient to harden the outside of the joint and prevent the juices from escaping. If placed in a slow oven, meat becomes sodden, the albumen being gradually dissolved. On the other hand, if the temperature which is necessary at first were maintained, the outside would be burnt while the inside would remain raw.

The average time for each joint is given later. Shoulder of mutton, leg of pork, breast or fillet of veal, hare, goose, and sucking pig are all suitable for baking.

Lay the meat on a stand placed in a tin sufficiently large to catch all that drips from it (fig. 241), and put the tin in a larger one filled with water. If the meat is in the pan itself it will be sodden. Place it in the hottest part of the oven, and leave it for fifteen minutes. Have a bowl of very clean melted dripping on the stove, and baste the joint well when the door is opened for the purpose of moving it. Don't use the fat which drips into the pan. It often has a burnt flavour, and is always insufficient; moreover, the process is longer and has the effect of chilling the joint.

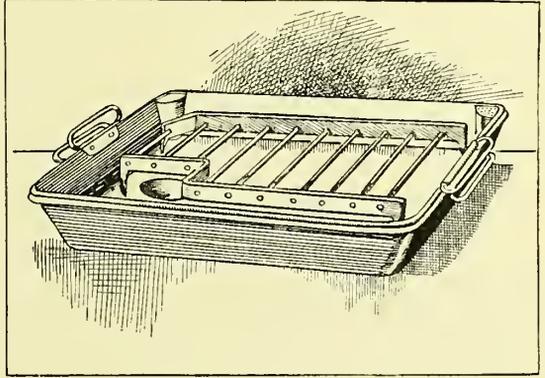


Fig. 241.—Oven Pan, with Stand.

Turn the joint upside down when less than half-cooked, leaving the better side uppermost during the latter part of the baking. When it is sufficiently cooked and nicely browned, lift it on to a good-sized hot dish, cover it with a warm dish-cover, and set it on a cool part of the stove. Meanwhile pour the dripping very carefully from the pan into a jar. Pour a small cupful of salted stock into the pan, scrape off all the brown gravy adhering to it, re-warming if necessary, but not allowing it to boil, and pour it round, not over, the meat. Serve very hot.

Baking Bread.—Bread, when properly made at home, is more economical, wholesome, and nutritious than baker's bread, and keeps fresh and sweet longer. Brick ovens are undoubtedly the best for the purpose. They should be about 24 inches high, and have a vaulted roof and small closely-fitting doors. Wood fires are kindled in them, and are swept out when the oven is sufficiently heated. They are, however, seldom found except in old-fashioned houses, and very good bread can be baked in the ovens of the ordinary kitchen-stoves. The shelves must be absolutely clean, the oven free from the slightest taint of grease, and the top of the oven and the flues clear of soot. The necessary temperature is lower than that required for pastry, and higher than for cakes. It should be about 410° , or sufficient to colour in a few minutes any flour sprinkled on one of the shelves.

In order to ensure a good steady heat, the oven should be tested several times, with intervals of ten minutes between each test. Place a piece of fairly thin white paper in the oven. If at the end of ten minutes it has turned rather a dark-yellow colour, the heat is sufficient for bread, large meat-pies, or small cakes. If the colour is a light brown, the oven is fit for

pastry, vol-au-vents, &c.; if a dark brown, for small pastry; and if only just tinged, for sponge-cakes, shortbread, and meringues.

Bread baked in a brick oven can safely be left for an hour from the time it is put in; but as the heat in an ordinary oven is not so steady, it should be inspected in half an hour. The baking takes from one hour to an hour and a half, according to the size of the loaves. If they are placed in the hottest part of the oven at first, the outsides will be hardened before the dough has had time to rise properly. They require shifting, and probably turning upside down, before they are removed from the oven. When they are sufficiently baked they should be covered with a clean cloth, but not put into the bread-pan till they are cold. The actual making of bread is described under "Confectionery".

Baking Cakes and Pastry.—More cakes are spoiled in the baking than in the making. A very general mistake is to put them into too hot a place at first. The heat must be just sufficient to steady them through before they rise fully. When they rise before they are firm throughout, the slightest loss of temperature or change of position is apt to cause them to fall in the centre, which spoils their appearance. A cake in which one pound of flour is used should rise at least two inches, and have a perfectly flat surface and no cracks.

The oven door should not be opened for half an hour after the cake has been put in. Should the position require altering, this must be done very carefully, the door being closed afterwards as gently as possible. When properly baked, a cake generally shrinks a little from the sides of the tin; but if there is any uncertainty, it is better to run a thin iron skewer down to the bottom. If the baking is sufficient, the skewer will come out clean and bright. The cake should then be turned out into a sieve and allowed to remain on its side till it is cold. A rich cake will often take from three to four hours to cook properly.

The same precautions should be observed when baking pastry as when baking cakes. The method of ascertaining whether the proper temperature has been reached has just been described, under "Baking Bread". A further practical test is to place the hand in the oven. If the heat can be borne, it is insufficient for pastry. For the making of cakes and pastry, see "Confectionery".

Boiling Meat.—The chief point to be observed both in boiling and baking meat is the same, namely, to retain the juices by coagulating a surface layer of albumen. Fresh meat should therefore be placed in boiling water. Spiced and salted meat, on the contrary, must be put into cold water, brought quickly to the boil, boiled for seven or eight minutes, then moved to a cooler part of the stove, and allowed to simmer till sufficiently cooked. Small joints, under 4 lbs., however, are best put into warm water and allowed to simmer for about fifteen minutes to the pound.

To boil fresh meat, fill a large sauce-pan with sufficient water to cover it. It is best, in view of its future use as stock for soup, to put but little salt in the water. Beef should have none at all, as salt hardens the fibres.

When the water actually boils, put the joint in it. The scum, which rises after seven or eight minutes, must be removed, or the colour and taste of both meat and stock will be spoiled. Then let the meat simmer from fifteen to twenty minutes to the pound. The flavour is greatly improved if a few root vegetables are boiled with it. When taking the joint from the sauce-pan never stick a fork into it.

Frozen meat should be thawed before it is cooked. When mutton is dark in colour and hard, it should be soaked in quite warm water for twenty minutes.

A ham of about 12 lbs. should be put into a large sauce-pan and covered with cold water. Set it on a cool part of a stove and do not let it boil for eight hours. Then boil it gently for twenty minutes, and leave it covered in the sauce-pan for twelve hours longer.

Before boiling a fowl or any other white-fleshed bird, rub a cut lemon over the breast. This will make it firm and of a good colour. Put the bird, if large, into warm water, and if small, into lukewarm. Increase the temperature and allow it to simmer till sufficiently cooked. Chickens require from twenty to thirty minutes, and fowls from half an hour to an hour. All scum must be removed as it rises, or the flesh will be neither white nor delicate. For this reason a bird should never be wrapped in a cloth, as this retains the scum.

When the object is to extract the juices, as in making soups or beef-tea, meat should be placed in cold water and allowed only to simmer. The gentlest ebullition is sufficient. If the cooking is done quickly, the albumen is hardened, and consequently the juices are not drawn into the water.

Boiling Fish.—Most fish, such as cod, ling, turbot, and other white fish, are put into cold salted water, which is then brought quickly to the boil. Ten minutes to the pound, from the time the sauce-pan is placed on the fire, is sufficient, unless the fish is thick. Smaller kinds, like soles and whiting, are generally cooked as soon as the water boils. Salmon is put into boiling salted water, and allowed from ten to twenty minutes to the pound, according to the thickness. In order to ascertain when fish is sufficiently cooked, lift it on a drainer, and with a sharp knife make a small incision in the thick part near the bone in the middle of the back. If the flesh is firm and leaves the bone easily it is done.

Boiling Vegetables.—Green vegetables, such as cabbages, cauliflowers, and broccoli, require plenty of boiling water and brisk cooking, with sufficient salt. If the water is hard, a small piece of soda (half the size of a pea) must be added to preserve the colour; but too much will turn them brown. When the water re-boils, tilt the lid, and let them cook for from twenty to thirty minutes. A small piece of burnt crust, thrown into the water and boiled with cabbage, will absorb the unpleasant smell.

Old potatoes, Jerusalem artichokes, dried peas and beans, should be put into cold water. Use plenty of salt to make the potatoes floury; they will take about half an hour. New potatoes require about twenty minutes.

They should be put into boiling water with a sprig of mint, and, when done, should be drained and placed in the vegetable dish with a small piece of butter.

Carrots, if old, take fully an hour to cook; if they are very young, half that time is sufficient. Turnips require rather less time than carrots, and must be thoroughly drained. Young peas will be done in fifteen or twenty minutes. A sprig of mint and a lump of sugar should be put into

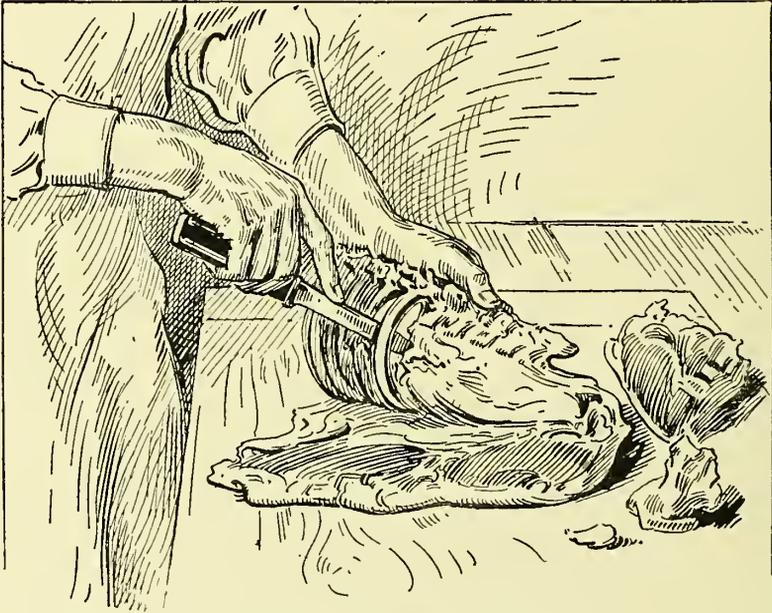


Fig. 242.—Boning: First Method (Loin of Mutton).

the water. Dried peas and beans are improved if a small piece of fat bacon, or a little dripping or butter, is boiled with them.

Boiling Puddings.—Puddings, if large and rich, require a very long time to boil, two hours to the pound being hardly too much. Smaller ones should have about one and a half hours to the pound, and rolled puddings and dumplings half an hour. Four hours' boiling is not too much for an ordinary steak-and-kidney pudding.

Boning.—Boning is rather a difficult art, but is well worth acquiring. It transforms a plain joint or bird into a high-class dish fit for any occasion, and costs only time and patience. Moreover, the bones taken from joints, cutlets, or poultry make good nourishing soups, whereas, if not removed until they are distributed by the carver, they are valueless.

Lay a joint—say, a loin of mutton—on a clean chopping-board, and with a sharp, strong, unbendable knife detach the bones which go across at the thick end. Work the knife carefully into the irregularities of the bone to avoid waste and disfigurement of the meat. It is important to keep the edge of the knife always touching the bone. When the meat is free

at the top, follow the course of the long bones, cutting carefully between each, and freeing them at both sides (fig. 242). Turn the joint over, and work it free on that side also. The whole of the bone will then slip out. Should any pieces of meat be broken off, use them afterwards with the scrapings of the bones for forcemeat or mincemeat, or roll them up with the joint. Break the bones and put them with the gristle into the stock-pot. Cut off all superfluous fat, and either melt it down for dripping or

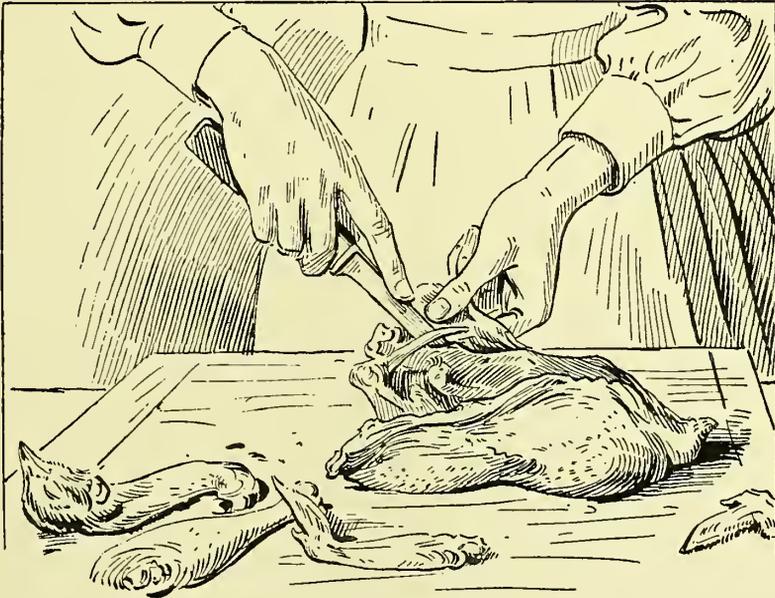


Fig. 243.—Boning: Second Method (Uncooked Fowl).

use it for kitchen puddings. To remove it in the first instance is far more economical than to have it left on the plates.

Ribs of beef are boned in the same way as loin of mutton.

When breast of mutton, rabbits, or poultry are to be made into pies, joint them first, and then either stew or fry them till the bones slip out readily.

Boning raw poultry is more difficult. Pluck, but do not draw, the birds. Cut off the neck, leaving a good piece of skin. Gradually work the skin from the bone till the merry-thought is reached. Detach this bone very carefully from the wing at the bottom of the bone and then at the top from the breast-bone. Keep the knife in contact with the bone, cutting away all the meat, and work up the breast on each side. It is best for a beginner to leave the piece of gristle along the top of the breast until afterwards, for the skin is very thin at that part, and should the knife run through it the bird would be spoiled. When the breast-bone is quite free from the flesh, the merry-thought can be easily broken away. Work round the ribs and back gradually and carefully till they also are free. Separate the breast with the gristle completely from the bone. The carcass of the bird being

now completely separated, roll the skin and flesh of the neck backwards. Work very patiently and gently with the knife round and round should there be any necessity. When at the junction of the legs and back, cut through the joint and proceed until the whole of the bird can be turned inside out, leaving the carcass free. At this stage take out the entrails, but be careful to avoid breaking the gall-bag. Remove the liver and gizzard, and clean the bird thoroughly. Work a thin firm knife round the thigh-bone, and cut through the joint half-way down the leg-bone. Saw off the remainder of the drumstick, detach the thigh-bones from the trunk of the bird, and work the flesh over and off the leg-bone from the bottom, turning it inside out. Cut off the first and second wing-bones, and remove the bone from the thick part in the same manner as for the legs. Now cut off the gristle left along the breast, and carefully turn the bird back to its original shape. Though the flesh and skin are very elastic, great care must be exercised neither to stretch nor to pull them.

A more simple method is to cut off the neck, legs, and wings, slit the skin down the middle of the back from end to end, and work a thin firm knife round and round the carcass until it can be easily removed (fig. 243). Then lay the bird flat on a board, the opened part uppermost, and when the legs and wings have been boned place them in it with whatever filling is to be used. Roll it, sew it up, and after placing it in a clean cloth, bind it in position with broad tape. Remove all stitches before serving. This method gives far less trouble, but the former one preserves the shape of the bird intact.

Braising.—Braising is considered by some people the best method of cooking poultry and certain joints, such as a round of beef.

The bottom of a deep stew-pan should be lined with slices of fat bacon, on which there is a bed of sliced root-vegetables. The meat, when placed on this, is covered with slices of bacon or buttered paper, and after the addition of half a pint of good stock the pan is closely covered with a well-fitting lid. It must be allowed to simmer gently for three or four hours, according to the size of the joint or bird. A favourite method of cooking birds on the Continent is to cover them thickly with lard and place them in an earthenware pan over a slow charcoal fire, basting them constantly with the lard until they are sufficiently cooked. The result is excellent.

Broiling.—A very clear fire is needed for broiling. Salt thrown upon it will produce the desired effect. The top of the stove should be removed, and the bars of the gridiron rubbed with a little fat or suet. Put the meat on the gridiron, place it over the fire, and leave it a sufficient time, without turning, to allow the outside to harden, and thus prevent the escape of the juices. Turn the meat and let the other side harden in the same way, after which turn it frequently till it is sufficiently cooked, which will be when it feels fairly elastic under pressure of the blade of a knife. Use a fork for turning, but do not stick it into the meat.

Broiling is often performed by means of a hanging gridiron in front of the fire but this method is not so satisfactory, for it does not impart to the

meat the slightly-burnt flavour which is associated with the best broiling. Another way is to use a frying-pan, not as it is generally used, but almost red hot; the pan must, of course, be an iron one. In this case the meat must be turned with a pair of tongs about four times a minute. A piece of meat not less than three-quarters of an inch thick will take from eight to ten minutes.

Clarifying Dripping.—Cut the dripping into small pieces, put it into a large jar or basin, and pour over it a quantity of boiling water. When the water is cold take off the cake of fat and scrape away all impurities from the bottom. If the fat is required for making pastry or cakes, the process must be repeated three times. If for frying purposes, once is quite enough. The cake should then be placed in a basin and heated in the oven until the moisture evaporates. Unless this is done, this moisture will cause the dripping to sputter in the pan, and so will make the stove dirty and greasy. After using fat for frying, put a little salt into it before removing it from the pan. Then pour it through a fine sieve into a basin.

Egg-and-breadcrumb.—The horrible verb, “to egg-and-breadcrumb”, seems to have found a place in cookery-books, and really there is no other short way of specifying the process. As this process often occurs in connection with frying, it had better be explained here once and for all. Grate some bread and sift it through a fine sieve. Beat an egg thoroughly in a saucer. Having prepared the article to be fried, roll it in flour or dissolved butter, and afterwards in the beaten egg, taking care to cover every part. Then lift it with a knife and fork and place it in the crumbs, roll it thoroughly in them, and pat it lightly to make them adhere. For many things this operation is best performed twice. In all cases it should be done some hours before frying.

Filleting Fish.—Place the fish on a board, and with a sharp knife detach the head, tail, fins, and any thin edges with small bones. Make a cut down the centre as far as, but not through, the bone. Slip the knife under the flesh and lift it cleanly from the bone along the entire length; then turn the fish and do the same on the other side. In the case of a wide flat-fish, such as a sole or a plaice, divide the fillets lengthwise, making eight in all. They can be cooked either rolled or flat.

Frying.—There are two kinds of frying—wet and dry. The dry process is only possible for things that contain fat in themselves, such as herrings, sausages, or for pancakes or omelettes. It is far the more extravagant method, as the fat is seldom fit for use again. Wet frying, or frying in a sufficiently large quantity of fat to cover completely the substance cooked, is more economical in every way. The fat, when properly clarified, can be used over and over again, and the result is far more satisfactory. Oil, being a liquid, contains a greater amount of heat than fat, and is excellent as a frying medium for fish, and also for potatoes. Only a few should be cooked at one time, for if the fat or oil is chilled, they are rendered sodden. When frying potatoes, it is a good plan to have a second frying-pan filled with boiling fat or oil, and to finish them in it. When

cooked in this way they are delightfully light and crisp. They must be wiped very dry before they are placed in the pan.

Lard, though excellent in some respects, is apt to leave an unpleasant flavour. Clean dripping answers very well indeed, and for some purposes cannot be improved upon. Butter is almost indispensable for delicate

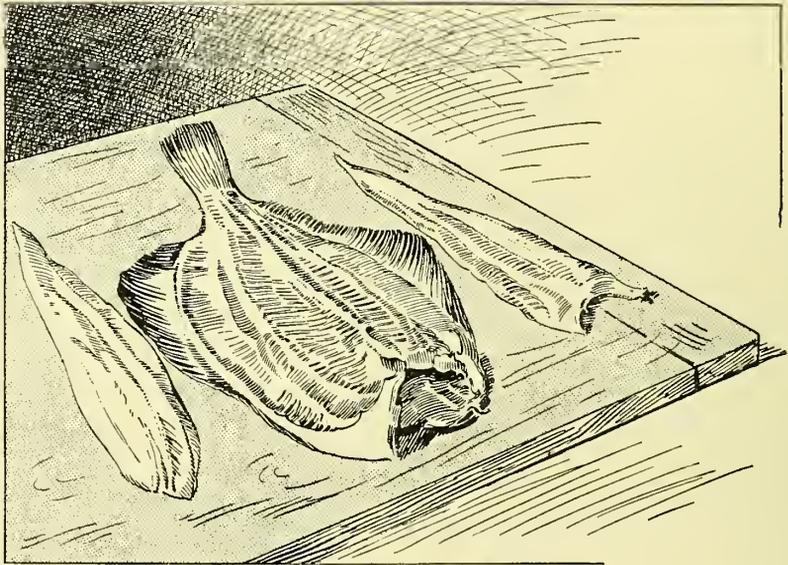


Fig. 244.—Plaice, partly filleted, with fillets alongside.

cookery; omelettes should always be fried in it, but it burns quickly and requires watching. Margarine is quite unsuitable.

The essentials for good frying are a clean deep sauté-pan (fig. 245), plenty of good clean fat free from moisture, a high temperature, and clean

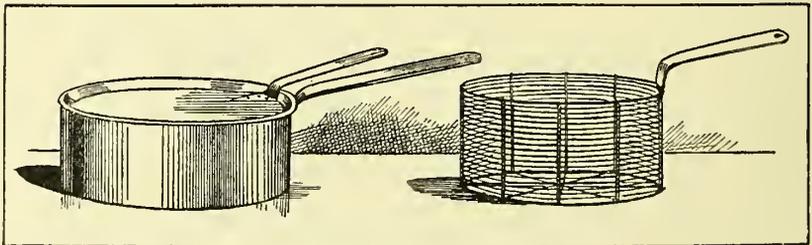


Fig. 245.—Sauté-pan (with cover), and Frying Basket.

kitchen paper. The great thing to avoid is—trying to fry too many things at the same time in the same pan.

First warm the pan, and then cut the fat into small pieces and put it in. After heating it, test the temperature by means of a small piece of bread; if it browns in a few seconds the heat is right. Many cooks recommend dropping a little water into the boiling fat, but it is a dangerous experiment

and best avoided. If there is the slightest moisture the fat will be sputtery. Inexperienced cooks think that this is a sign of boiling, but fat does not really boil until all sputtering has subsided, and a thin blue smoke is observable.

Anything covered with egg and breadcrumbs should be left for several hours before it is fried, but if it is to be floured, this should not be done until the last moment. It is best to use a frying basket (fig. 245) which fits to the bottom of the sauté-pan, in order that all the contents may be covered and have the same amount of cooking. If a basket is not

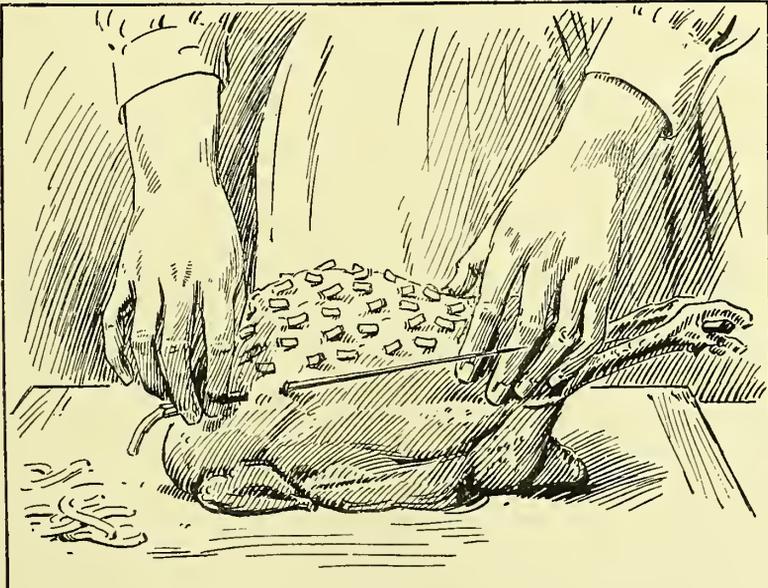


Fig. 246.—Larding.

available, immerse the articles in the boiling fat, and when they are a pale golden-brown, remove them with a pierced slice and drain them on folded kitchen paper placed on a hot part of the stove. In the case of small fish or anything made of cooked meat, a short minute is often sufficient. Two or three minutes or less are sufficient for cutlets, especially if they are covered with crumbs which form a casing, retaining the heat so that the cooking continues after they have been removed from the pan. Cutlets, when sufficiently cooked, should feel elastic under the pressure of the blade of the knife. When underdone, they are soft; when overdone, hard.

Glazing.—Brown glazing is done by covering cooked meats evenly with a brown glaze (see “Cookery Adjuncts”) of such a consistency that it will adhere to the surface; sweet glazing, by powdering confectionery with fine sugar and placing it in the oven to melt. Or the sugar can be previously dissolved in an extremely small quantity of boiling water.

Larding.—Larding is generally practised only by accomplished cooks, but is in reality extremely simple. Exactitude and time are the chief requisites. Its object is to give succulence to meat which would otherwise be rather dry.

Take a slice of bacon fat about one-eighth of an inch thick. If for poultry, cut it into strips about 2 inches in length and $\frac{1}{4}$ inch wide. They should be very exact in size and the ends should be trimmed evenly. For joints or large pieces of meat, cut the strips, or lardoons (fig. 247) as they are called, 2 inches long and $\frac{1}{3}$ inch square in section, and place them on about $\frac{3}{4}$ inch from each other. They must be laid in the direction the

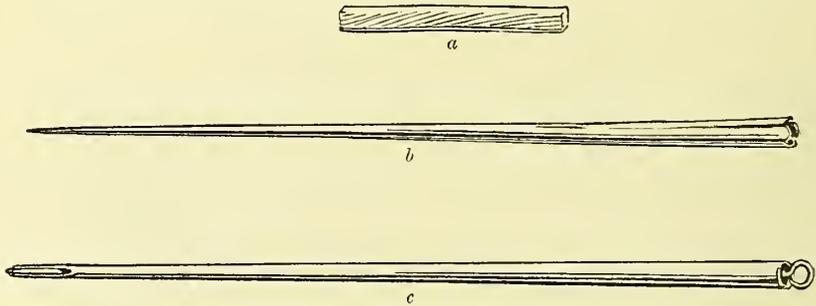


Fig. 247.

a, Lardoon. *b*, *c*, Larding needles. In *b* the lardoon is thrust down the split head; this form of needle is shown in Fig. 246. In *c* the lardoon is "threaded" through the ring.

knife will take in carving. Push a lardoon about 1 inch down the split head of a larding needle (fig. 247), leaving 1 inch free; hold the head of the needle firmly together with the thumb and finger, and take a shallow stitch 1 inch long just under the surface at right angles to, or across the direction of, the line of rows. Draw the needle through until about $\frac{1}{2}$ inch of the lardoon is left, showing at the point where it entered the meat. Release the head of the needle and draw it quite through, leaving $\frac{1}{2}$ inch of the lardoon on each side of the stitch. When larding soft meats, such as poultry, the flesh, if dipped for a moment into boiling water, will be firmer and will hold the strip better.

Marinading.—Marinading is very useful for softening the fibres of inferior or hard meat and rendering it tender. Vinegar, oil, and pepper and salt are mixed together, and the meat is soaked in them for several hours. It should be previously rinsed clean, but on no account washed. A good marinade for the brisket or the end of a sirloin of beef is composed of vinegar, oil, pepper, salt, bay leaves, and a sliced onion. The meat should be packed in it and left for several days.

Poaching.—Fill a pan with boiling water, and place gently in it whatever is intended to be poached, whether eggs, quenelles, or godiveau. Keep them separate, and when they are cooked remove them with care. Five or six minutes are generally sufficient.

Reducing.—Liquids are reduced by evaporation over a quick fire. Neither sugar nor milk, however, must be allowed to boil too quickly during the process, otherwise the former will crystallize and the latter curdle.

Rendering Down Fat.—Cut the fat into small pieces, and after removing all discoloured parts, put it into a sauce-pan with a very little salt. Cover it with cold water and let it boil fast. Stir occasionally with an iron spoon and remove all froth as it rises. When the water has evaporated move the pan to the side of the fire and stir at intervals until the fat has melted.

Discoloured fat and the skimmings of the stock-pot can be treated in the same manner if a very small piece of soda is added to the water.

Roasting.—Many cooks object to roasting before the ordinary kitchen stove; consequently this excellent way of cooking meat is becoming a thing of the past. Yet few people will say that a baked joint can compare with a roast. If the process in the latter case is rather more troublesome than in the former, the result is well worth the trouble.

The first consideration is the fire. Make it up half an hour before it is required, so that both coal and range may be thoroughly hot when the joint is placed in front. Stir the coal well down from the top; pack it as closely as possible, leaving no vacant places; and completely fill the grate. If this is properly done the fire should last for more than two hours. If, however, it is found necessary to add fuel, draw the living coal to the front and fill up the back. The dripping-pan must of course be pulled back in order that no cinders may fall into it. After sweeping all dust and cinders from the bars, screen the fire and hang the meat with the thick end downwards quite close to the fire. Leave it for fifteen minutes in order to harden the surface and keep in the juices. Basting should commence at once; and as there is no dripping from a joint for at

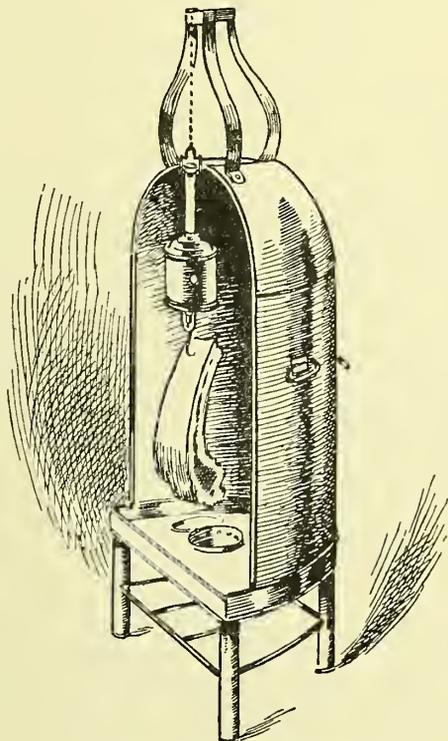


Fig. 248.—Roasting-jack and Screen.

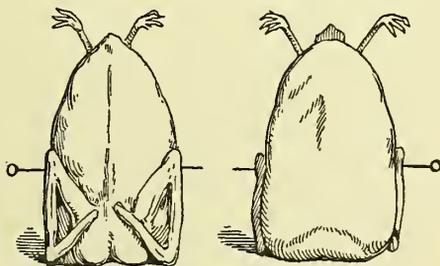


Fig. 249.—Chickens trussed for Roasting.

least half an hour after it has been put down, some fat of a similar nature previously melted and made quite hot should be supplied. After fifteen minutes draw the joint about 15 inches from the fire, baste frequently till twenty minutes before it is finished, then sprinkle it with flour, and let it get crisp and brown. When it is properly and sufficiently cooked, small jets of steam will be emitted from the side near the fire. It should then be removed from the hook and placed on a hot dish with a cover over it, and set in a hot part, or in front of the stove. Pour all the

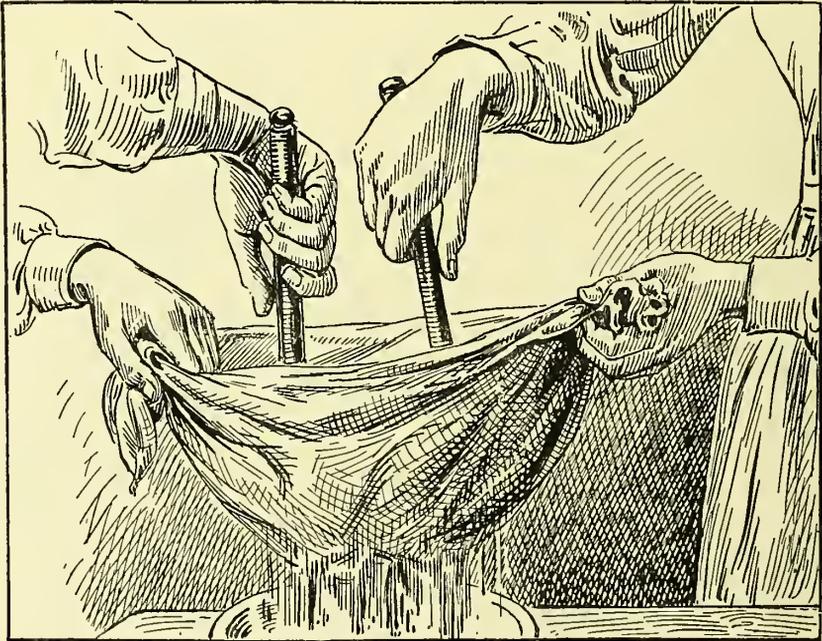


Fig. 250.—Tammying.

fat carefully from the dripping-pan into jars, and wash the pan with a cupful of good salted browned stock, scraping into it all the brown sediment. Re-heat the gravy without boiling it, and pour it round the meat.

Steaming.—Steaming is preferable to boiling for most puddings. The basin containing the pudding mixture should be covered very closely with a saucer-lid or buttered paper, and placed in a sauce-pan of boiling water to reach only half-way up the basin. The temperature must be kept steadily at boiling point. Puddings, when steamed in basins, require double the time necessary for boiling them in a cloth.

It must be noted here that old potatoes are better steamed than boiled.

Stewing.—Stewing is the most economical method of cooking, and is invaluable for coarse or old meat and poultry. The essential is slow and gentle cooking at a low steady temperature. For this reason a gas or oil stove is well adapted to the purpose, as the heat can be so easily regulated. If vegetables are to form part of the stew, use an enamelled sauce-pan or

brown stone jar. Place alternate layers of vegetables and meat in the receptacle, and season with salt and pepper. Add very little water; the meat and vegetables will yield almost sufficient. Cover the vessel closely, place it at the side of the fire, and let the contents stew very quietly for from four to six hours. Shake the pan frequently, but lift the lid as seldom as possible. Remove all scum as it rises, and should a roux or thickening be added to the gravy, remove every particle of fat beforehand.

Tammying.—Pour the sauce or purée into the centre of the tammy cloth. Let two persons each gather two corners of the cloth in their left hands, and with the right rub the substance with the aid of wooden spoons through the cloth into a basin placed beneath to receive it (fig. 250). Or the pairs of corners can be twisted tightly towards each other, and the substance wrung through the cloth. This process gives a richness and smoothness unattainable in any other way.

COOKERY ADJUNCTS.

Aspic (*Meat Jelly*).—The ingredients are: 3 whites of eggs, Liebig's essence of meat, 1 pint of water, 1 bunch parsley, a few strips of lemon peel, 1 bay leaf, 1 oz. of leaf gelatine, whole pepper, cloves, 1 tea-spoonful of finely-chopped onion, lemon juice.

Put all the ingredients, except the eggs, into a clean sauté-pan and stir till the gelatine is dissolved. Whisk the whites and shells of the eggs in a very little cold water. Add them to the other ingredients, and whisk all together till they boil. Let the mixture simmer gently for a few minutes. Pour it through a jelly-bag, and when it is nearly cold it is fit for use.

An inexpensive, pretty mould can be made by dropping in the aspic some cooked peas, and some carrots and turnips, cut with a vegetable cutter into rounds about equal in size to the peas.

Or, mix 3 table-spoonfuls of mayonnaise sauce (see "Sauces") with $\frac{1}{2}$ pint of barely liquid strong aspic, and stir both together till well blended and beginning to thicken. Toss some prepared vegetables with it, and pour all in a mould to set. Garnish with fillets of lobster, salmon, or other fish (fresh or tinned), or with cold chicken or tongue (fig. 251).

Baking Powder.—Rub well together 4 oz. of cream of tartar, 2 oz. of carbonate of soda, and 2 oz. of dried and sifted flour. This is an excellent baking powder. It should be placed in a tin and kept in a dry place.

Batter.—Batter should be made several hours before it is required for use. The ingredients must be worked perfectly smooth, and be of the same consistency, when finished, as a thick custard. The yolks and whites of the eggs must be beaten separately; and the whites, whipped to a very stiff froth, should be mixed in gently ten minutes before the batter is used.

Work 4 dessert-spoonfuls of flour and a little salt very smoothly into sufficient milk to make rather a thick paste. Add the beaten yolk of one egg, and beat it well into the mixture with sufficient additional milk to make the whole into a thick cream. Before using the batter beat the white of the egg and stir it in.

Another way of making batter is as follows:—Shake $\frac{1}{4}$ lb. of flour into a pint of warm water. Add a table-spoonful of oiled butter or of oil, and work the mixture smooth and free from lumps. Let it stand for some

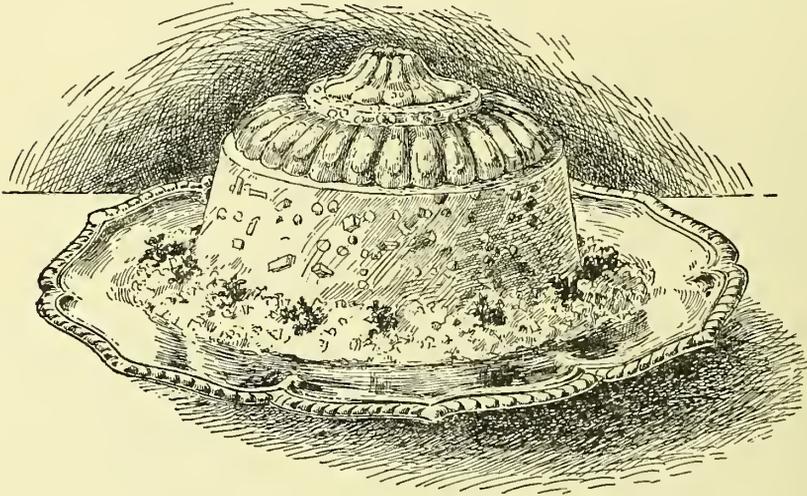


Fig. 251.—Aspic and Mayonnaise Sauce.

hours. Ten minutes before it is required stir in the white of an egg well whipped.

Batter for kromeskies may be made thus:—Place in a basin 4 oz. of sifted flour, and a little salt and pepper. Mix it gradually to a stiff paste with 2 good table-spoonfuls of salad oil. Whip the whites of 2 eggs to a stiff froth and beat them in lightly.

A savoury batter can be made from any of the foregoing recipes by adding a few chopped sweet herbs and parsley.

Bread, Stale.—Although stale bread is often wasted, there are many ways of using it. Unless very stale indeed, it is excellent sliced for bread-and-butter puddings. When crumbled, it makes far lighter boiled puddings than flour.

The crumb can also be pulled apart into small pieces, lightly browned in the oven, and used as rusks with cheese. If kept in a covered tin they remain fresh for some time.

Panada, which is used in rissoles and other dishes, is as good when made from stale as from fresh bread. See "Panada".

When soaked in boiling water and squeezed dry, bread forms the foundation of sage-and-onion stuffing.

Chapelure, which is essential in frying, should be made from stale bread.

To prepare it, put the crusts and crumb separately into a moderate oven. When they are thoroughly dried, pound them separately in a mortar and pass them through a fine sieve. Bottle and keep them for use. Use the crumbs for covering cutlets, rissoles, roulades, and dishes *au gratin*, and the crust for sprinkling over fish, for garnishing hams and bacon, and for serving fried in butter for game.

Browning.—This useful preparation should always be at hand. When making it, great care and constant stirring are necessary to prevent it from burning. Butter the bottom and sides of an iron sauce-pan. Put in half a pound of brown sugar, and stir it with an iron spoon until it has boiled a sufficient time to turn it a dark-brown colour. Remove the sauce-pan from the fire, and stir the sugar till the boiling ceases. Let it cool slightly, and then stir into it $\frac{1}{2}$ pint of cold water very slowly and carefully. Replace the pan on the fire, and again stir till the browning boils and is quite smooth. Strain through a fine sieve or piece of muslin and bottle it for use.

Burnt Onions.—Slice some onions very fine, put them, with equal quantities of butter and sugar, into a shallow iron pan, and heat over a slow fire. Stir carefully till the whole is a dark-brown colour, but not burnt. This is used to colour rich gravies, sauces, and soups.

Caramel.—Caramel is used to cover many sweet dishes and entremets. Butter the sides and bottom of a sauce-pan, and put into it $\frac{1}{2}$ lb. of castor sugar. Place it over a slow fire and let the sugar melt, stirring the whole time. Do not allow it to take much colour.

Chaufroid Aspic (*Cold Meat in Aspic*).—The three things used in completing a good chaufroid are the aspic to set the sauce with which the meat is covered, the sauce itself, and the glaze. This aspic may be more simple than the one already given, the ingredients being—2 whites of eggs, 1 tea-spoonful Liebig's essence of meat, 1 tea-spoonful flavoured vinegar, 1 oz. gelatine, 1 quart of hot water. Dissolve the gelatine in the water for twenty minutes. Add the extract of meat, vinegar, pepper, and salt. Put them into a stew-pan and stir till it boils. Whip the whites of the eggs and crush the shells, and beat both into the boiling mixture. Strain through a thick flannel.

To make chaufroid sauce—mix $\frac{1}{2}$ pint of the aspic and $\frac{1}{2}$ pint of good white sauce well together.

For chaufroid glaze dissolve one tea-spoonful of Liebig's extract in a gill of hot water, and add a large tea-spoonful of aspic, or a tea-spoonful of dissolved gelatine.

The manner of using chaufroid is as follows:—Cut a cooked fowl or white meat into neat cutlets. Mask them thickly with chaufroid sauce while it is barely warm, using a hot knife to smooth the surface. When the sauce is set and cold, cover with the glaze while it is just liquid.

Glaze.—Place some good gravy or good brown stock made from meat and bones in a sauce-pan, and boil it quickly till it is reduced to the consistency of glue. It is useful for enriching soups and gravies, and for

glazing hams, tongues, cutlets, and collared meats. If bottled and well-corked, it will keep for months.

Panada.—Panada is used in rissoles, kromeskies, and croquettes, as well as in many preparations for invalids. It is made with either bread or flour, but the former is lighter. Soak the bread in stock, gravy, or milk, according to the purpose for which it is required, until all moisture is absorbed. Place it in a sauce-pan with about one-fourth the quantity of butter. Add salt and any desired seasoning, and stir the mixture over the fire until it will clear the sides of the pan.

Roux for keeping (*Browned Flour*).—This is an excellent and very useful preparation for thickening sauces and soups. Much time and trouble will be saved if it is prepared beforehand and kept until it is wanted. The ingredients are: 1 lb. of good fresh butter and 1 lb. of fine flour. Knead the butter and flour well together. Put the paste into a stew-pan, place it over a slow fire and stir till it becomes liquid. Keep the fire very low, and allow the paste to simmer very gently the whole day. It should be of a pale-buff colour. Stir it constantly; if in the least burnt it is useless. Add a very little salt if necessary. Pour it into pots, and when it is needed use one or two spoonfuls in the same manner as ordinary roux. If properly cooked, it will keep pure and sweet indefinitely.

CONFECTIONERY.

BREAD-MAKING.

The making of various kinds of bread will serve as an excellent introduction to the making of cakes and pastry. Instructions have already been given as to baking and the management of the oven; equal care is necessary in the actual making. The water, when brewer's yeast is used, should be tepid or at a temperature of 76° F. With German or French yeast it must be rather higher, about 88° F. The proportion of water to each pound of flour is a short half-pint, rather more if the flour is very fine. Of yeast there should be half an ounce of German or French, or one large spoonful of brewer's, and of salt a quarter of an ounce.

Always knead the dough thoroughly and lightly. Gather the sponge with the fingers from the sides towards the middle and knead with the knuckles of the closed hand. In winter the pan, the flour, and even the hands must be warmed, and nothing must be allowed at any time during the process to chill the dough or check its rising. The dough, covered with a thick cloth, must be set to rise in a warm, not hot, place—the front of the fire is best—and left from two to three hours. A good general rule is that it should double its original size. The surface should always be covered with cracks.

Dough made with brewer's yeast is set a second time to rise. With

German or French yeast once is sufficient, unless very light spongy bread is required, or unless other ingredients are mixed with it after the first rising. If milk instead of water is used the bread is greatly improved. Some cooks add an egg.

Hovis bread is put into tins directly it is kneaded, and baked at once. Bakers usually make their bread overnight and allow it to rise in a fairly warm place till the morning.

Abroad, and in some country places where fresh yeast is difficult to procure, leaven is substituted for it. It is made by reserving a portion of dough until the next baking, two pounds being sufficient for every bushel of flour. Sprinkle the dough with flour and leave it until the night before next week's baking, when it will have turned sour. Work 2 pounds of this dough into 1 peck of the flour, cover it with a thick cloth, and leave it in a warm place till the following day. It should then have risen well and be fit to knead with sufficient warm water into the remainder of the flour. Set it to rise for two hours. Shape it into loaves and bake.

Bread should never be allowed to get stale. To obviate this, the pan in which it is kept should be placed on rests so that a current of air can pass under it, and the lid must fit very closely. Stale bread can be freshened by dipping it quickly into hot water or milk and baking it until the outside has crisped.

Bread without Yeast.—2 lbs. flour, 2 tea-spoonfuls baking-powder, 1 salt-spoonful salt, $\frac{1}{2}$ pint water (or milk).

Rub the baking-powder and salt into the flour, and stir in a pint of water or milk. Divide the dough into loaves, and put them at once on a baking-tin in a good oven. Bake for about one and a half hours.

Breakfast Rolls.—Dough as large as an ordinary roll, 2 oz. butter, 2 small tea-spoonfuls white sugar, 1 egg.

Cream the butter with the sugar by beating them with a wooden spoon in a warm but not hot place. Add the yolk of the egg. Work the mixture with the hand into the dough until it is smoothly blended. Set it to rise. Shape into loaves, let them rise again, and bake in a good oven.

Butter-milk Bread.—Flour, 1 pint butter-milk, 2 table-spoonfuls yeast, 1 tea-spoonful bicarbonate soda, 1 tea-spoonful salt, 2 oz. butter.

Stir into the hot butter-milk sufficient flour to make a thick batter, and after mixing in the yeast set it to rise for two or three hours. Stir in the bicarbonate of soda, salt, and dissolved butter, and work in sufficient flour to make an elastic dough. Knead it well, and make it into loaves. Set them to rise, and then bake.

Country Bread.—8 lbs. flour, 2 large table-spoonfuls salt, 2 oz. best German yeast, 2 quarts water (short measure).

Put the flour mixed with the salt in a mixing-bowl, make a hole in the centre almost to the bottom of the pan, and nearly fill it with lukewarm water. Crumble the yeast into the water, gradually stir the flour into the centre, and mix well with the hands until a stiff dough is formed; then cover it with a thick cloth and set it in a warm place for two or three

hours. When it has thoroughly risen and has cracks on the surface, turn it on to a slightly-floured board and knead it well for a few minutes. Divide it into about five loaves and bake them in a moderate oven for about one and a half hours.

Crumpets.—2 lbs. flour, $\frac{1}{2}$ oz. German yeast, 3 eggs, 1 pint milk, butter.

Crumble the yeast into $\frac{1}{2}$ pint lukewarm milk, and when it has risen beat it with a little salt into the flour, adding sufficient lukewarm milk to make a thin batter, and beat well. Cover the pan and set it in a warm place for three hours. Then whip the eggs, beat them well into the mixture, and return it to the same position as before. An hour later make up the batter lightly, put it into rings, brush over with butter, and bake in a hot oven till tinged with colour.

Crumpets (Inexpensive).— $1\frac{3}{4}$ lbs. flour, $\frac{1}{2}$ oz. German yeast, $\frac{3}{4}$ pint boiling water, 1 pint cold water, $\frac{1}{2}$ oz. salt.

Put the salt into the cold water and, after beating it to a froth with a whisk, add the boiling water and beat again. Crumble the yeast and beat it in. Add the flour by degrees, beat all to a strong froth, and set it in a pan near the stove till the morning. Then beat it down with a wooden spoon. Bake very lightly on both sides in greased rings on a hot griddle or shelf rubbed with salt.

French Bread.— $\frac{1}{2}$ peck flour, $\frac{1}{2}$ pint brewer's yeast, $1\frac{1}{2}$ pints milk, $\frac{1}{2}$ pint water, $\frac{1}{4}$ lb. butter, 1 tea-spoonful sugar.

Put the flour in a pan and make a hole in the middle. Into this put the yeast and $\frac{1}{2}$ pint of slightly-warmed milk, and work into a batter as in the recipe for household bread made with brewer's yeast. After it has risen mix in the remainder of the milk, together with the water, butter, a tea-spoonful of sugar, and a little salt. Knead all thoroughly, and set again to rise. Knead again, and shape into loaves. Put them on tin plates to rise for twenty minutes, and bake in a quick oven.

Household Bread.— $1\frac{1}{2}$ oz. German yeast, $4\frac{1}{2}$ lbs. flour, 1 quart water, 1 oz. salt, and 1 tea-spoonful sugar.

Put a small tea-spoonful of sugar into a basin, crumble the yeast over it, and add $\frac{1}{2}$ pint of tepid water. Set it in a warm place and leave it till the yeast rises in a cake to the top of the water. Mix the flour and salt in a large basin or pan, rub them well together, and free from lumps. Make a hole in the centre. Pour the yeast, with the $\frac{1}{2}$ pint of water and the remaining $1\frac{1}{2}$ pints of water, into it, stir all together with the hand or with a knife, and knead till quite elastic and soft. Cover the pan with a thick cloth, set it in a warm but not hot place, and let the dough rise for two hours. Cut it into four or five portions, gather each between the fingers, and roll them lightly on a floured board. Repeat this a few times. Put the loaves on a well-floured oven shelf, or into well-floured tins, and bake them for from forty-five minutes to an hour.

Household Bread with Brewer's Yeast.—1 bushel flour, 1 pint yeast, 6 oz. salt.

Put the flour into a deep pan and make a hole in the centre. Stir the

yeast into a pint of tepid water and pour it into the hollow. Gradually work into the liquid sufficient flour to form a thin batter in the centre. Stir for a few minutes without disturbing the remainder at the sides. Sprinkle a little flour over the batter, cover with a thick flannel or blanket, and set it to rise in a warm place for two or three hours. The heat should fall upon the pan, and should be uniform. When the dough is well risen, strew over it the salt, and work in gradually all the flour, adding tepid water or milk as required until the whole forms a soft spongy mass. The proportion of water or milk should be rather less than $\frac{1}{2}$ pint to each pound of flour. Form the loaves, set them to rise again for twenty minutes or half an hour, and bake.

Little Mannheim Breads.— $\frac{1}{2}$ lb. flour, 3 oz. castor sugar, 2 oz. butter, $\frac{1}{2}$ oz. German yeast, 2 table-spoonfuls cream, 3 eggs.

Rub the flour, sugar, butter, and a little salt well together. Add the warm cream, previously mixed with the yeast. Mix all these ingredients with the eggs well beaten with a fork, work into a stiff paste, and set the mixture in a warm place for about one hour to rise; then roll it out with a rolling-pin to about $\frac{1}{4}$ inch in thickness, prick it well, and cut it into 2-inch squares. Place them on a greased baking-tin, and bake in a quick oven till they are a nice golden colour. Serve hot or cold for breakfast or tea.

Muffins.—2 lbs. flour, 2 whites eggs, 1 pint milk, $\frac{1}{2}$ oz. German yeast, $\frac{1}{2}$ handful salt, $1\frac{1}{2}$ pint tepid water.

Rub the salt into the flour, and whip the whites of the eggs to a stiff froth. Crumble the yeast into a small basin, cover it with the milk, slightly warmed, and when it rises work it with the milk into the flour, adding about $\frac{1}{2}$ pint of tepid water. It should be the consistency of a stiff batter. Beat it well for half an hour. Add the whipped whites of eggs by degrees and beat again for five minutes. Cover the pan and set it in a warm place for two or three hours. Make up the muffins lightly, place them in rings, if possible, and bake them a pale colour in a moderate oven.

Potato Bread.—1 lb. steamed potatoes, 2 lbs. flour, $\frac{1}{2}$ oz. German (or French) yeast.

Mix the hot potatoes with the flour, and proceed as for household bread.

Rolls.—A piece of dough as large as an ordinary roll, 2 oz. butter, 2 small tea-spoonfuls white sugar.

Put the dough in a basin, and after working in the butter and sugar, cover it, and put it to rise in a warm place for two or three hours at least. When it is much lighter than bread push it down with the hand till it is about its original size. Set it to rise, and again push it down, but not so much as before. Repeat this three times. Cover the hands with flour and shape the dough into very small rolls. Place them in a row on a tin and set them to rise for half an hour to an hour. When very much swelled and smooth they are ready for baking. They take about fifteen minutes in a good oven.

For richer rolls use a little more sugar and two eggs, and proceed as before.

Russian Bread.— $\frac{1}{2}$ oz. German yeast, 1 quart milk, $1\frac{1}{2}$ lb. fine flour, 2 oz. butter, 1 tea-spoonful white sugar, 1 tea-spoonful aniseed.

Dissolve the yeast in the milk, slightly warmed. Mix well into it the flour, sifted and warmed. Cut up the butter and add it with the sugar and aniseed. Beat long and hard, and put the mixture in a tall tin. Place it to rise for three or four hours. When it has risen well, bake it in a hot oven for half an hour.

Sally Lunns.—1 lb. flour, $\frac{1}{2}$ oz. German yeast (or $1\frac{1}{2}$ tea-spoonful good thick brewer's yeast), $1\frac{1}{2}$ gill milk, $1\frac{1}{2}$ oz. butter, 1 oz. sugar, 4 yolks eggs.

Warm 1 gill milk and, after crumbling the yeast into a basin, pour it over the yeast. Set the basin in a warm place and leave it till the yeast rises. Place the flour in a pan, pour in the milk and yeast, and knead lightly into a dough. Cover the pan, set it in a warm place, and leave it from two to three hours to rise. Heat the butter and sugar and the remainder of the milk in a sauce-pan over a slow fire till the ingredients are melted. Put the yolks of the eggs and a little salt into the dough. Add the butter and milk, which should be lukewarm, and mix all into rather a soft dough. Butter four or five deep muffin hoops, half-fill, and set them in a warm place to rise. When the dough is quite light bake the cakes a pale colour in a good oven.

Scotch Baps.—The same ingredients as for household bread.

Make the dough as for household bread. When it has well risen, work it a little. Put small pieces into rings on a hot baking sheet. Set them to rise in a warm place until they are more than double their original size, and then bake them in a good oven till they are a very pale brown colour.

Tea Cakes.—3 oz. butter, 1 lb. Vienna (or fine) flour, 1 egg, $\frac{1}{2}$ pint milk, $\frac{1}{2}$ oz. German yeast.

Rub the butter into the flour with a little salt. Dissolve the yeast in the milk, add the egg previously well beaten, beat together, and mix into the flour. Knead into a dough, put it in a bowl in a warm place, cover it with a cloth, and leave it to rise for two hours. When the surface is cracked, roll it lightly and cut into rounds the size of a saucer. Place them before a fire for a few minutes, and bake them, without turning them, for twenty minutes in a quick oven.

Vienna Bread.—1 lb. Vienna flour, 1 lb. biscuit flour, 2 oz. butter, 1 oz. German yeast, 1 tea-spoonful castor sugar, 2 eggs, 1 pint lukewarm milk.

Mix in a bowl the Vienna and biscuit flours, with a pinch of salt, and rub in the butter. Mix the yeast with the castor sugar, and after beating the eggs into the milk stir them gradually into the yeast. Mix this into the flour, and knead the dough until it is smooth and elastic. Gash the surface with a knife, cover the bowl with a clean cloth, and set the dough to rise for two hours in a warm but not hot place, perfectly free from draughts. In allowing time for bread to rise, however, its condition must be taken into consideration rather than any definite period. As a rule, dough, when it

has properly risen, should be double its first bulk, but when made into rolls it should rise still more. This is effected by setting them to rise again after they have been formed into shape. They are also brushed with warmed milk or water before they are baked.

Whole-meal Bread.—3 lbs. flour, 3 lbs. whole-meal, $\frac{1}{2}$ oz. salt, 3 table-spoonfuls thick brewer's yeast (or 2 oz. German yeast), 1 tea-spoonful of sugar, $\frac{1}{2}$ pint tepid water.

Mix the flour and whole-meal together with the salt. Place the yeast with the sugar in a basin, and add $\frac{1}{2}$ pint of tepid water. Then proceed as for household bread.

CAKES.

Almond Cakes.—5 oz. sweet almonds, 1 oz. butter, 4 eggs, $\frac{1}{4}$ lb. castor sugar, 1 oz. flour.

Blanch and boil the almonds for a few minutes. When they are cold pound them in a mortar, mixing with them sufficient white of egg to absorb the oil. Mix two of the yolks with 2 oz. of sugar, beat them into the remaining whites of eggs, and mix all well together. Sprinkle in the flour and the remaining sugar. Fill small paper cases and bake in a moderate oven for half an hour. Brown with a salamander.

Almond-layer Cake.—1 lb. flour (well dried), $\frac{1}{2}$ pint milk, $\frac{1}{2}$ lb. butter, $\frac{3}{4}$ lb. castor sugar, $\frac{1}{4}$ lb. icing sugar, $\frac{1}{4}$ lb. ground almonds, 5 eggs, 4 oz. candied peel, 1 tea-spoonful baking powder, dried cherries, angelica.

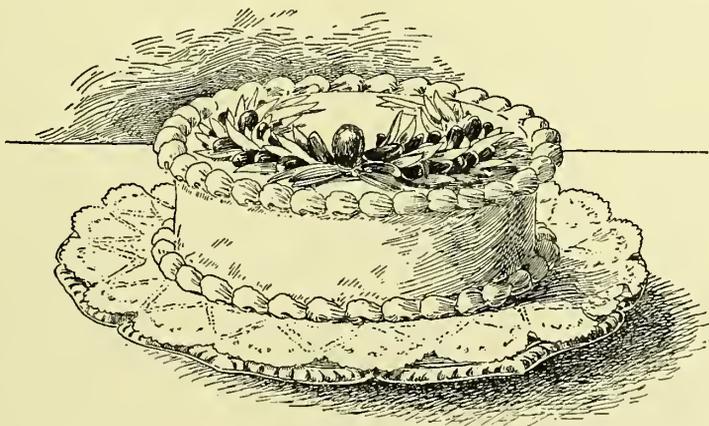


Fig. 252.—Almond-layer Cake.

Line a cake-tin with buttered paper. Beat the butter and $\frac{1}{2}$ lb. of sugar to a cream. Beat four yolks of eggs well, and stir them into the cream. Pass the flour through a fine sieve and mix it with the baking powder and a little salt. Beat it very carefully, adding the milk by degrees. Slice and add the peel; whip the whites of four eggs and stir them very lightly into the mixture, which should be of such consistency that it will pour very thickly into the mould. Bake it a pale-brown colour in a moderate oven

from one and a half to two hours. Put, if necessary, a thin piece of buttered paper over, but not in contact with, it. This should be done half an hour after the cake has been put in, when moving it to a warmer place.

When the cake is nearly cold, mix the ground almonds, the rest of the sugar, and the yolk of the remaining egg well together. Cut the cake horizontally into halves and spread the mixture between them. Pound the icing sugar until it is free from lumps, and beat it with the remaining white of egg until it forms a stiff white creamy paste. Level the cake at the top if necessary. Bind a piece of paper round it to keep the sides clean, and place the cake in the oven to set, but do not allow it to take colour. Cover the top with the icing, for which purpose use a broad-bladed knife. Ornament with dried cherries and angelica (fig. 252).

Brioches (*French Buns*).— $\frac{1}{2}$ lb. flour, 6 eggs, castor sugar, 1 oz. French yeast.

Mix the flour, sugar, and eggs together. Dissolve the yeast in a little warm water, and stir it gradually into the mixture. Cover it with a cloth and leave it for fourteen hours. Form it into little balls, and bake them in a quick oven for half an hour.

Butter-kuchen (*Butter-cakes*).—1 lb. of flour, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ oz. German yeast, $\frac{1}{2}$ lb. castor sugar, 1 tea-cupful of milk.

Dissolve the yeast in the milk. Place the flour in a basin, make a hole in the centre, pour in the dissolved yeast, and mix lightly with the flour. Put the dough by the fire for one hour. Knead in the sugar and two-thirds of the butter, and leave it for another hour. Spread it 1 inch thick on a buttered tin, and bake in a quick oven until it has risen well and is fairly firm. Melt the remainder of the butter and pour it over. Strew over it a few lumps of sugar roughly crushed, and finish baking. Cut it while hot into fingers.

Chocolate Éclairs (*Chocolate Cakes*).—4 eggs, 2 whites of eggs, $\frac{3}{4}$ lb. castor sugar, $\frac{1}{4}$ lb. flour, 1 salt-spoonful baking powder, 3 squares of chocolate.

Beat the yolks of the eggs and $\frac{1}{2}$ lb. of sugar well together. Beat the whites of 4 eggs to a stiff froth. Mix in the baking powder and add gradually, and alternately with the flour, to the creamed sugar. Have ready some buttered shallow tins, about 3 inches long and 1 inch wide, and place a spoonful of the mixture in each. Instead of tins, little cases made of stiff writing-paper, firmly stitched at the corners, may be used. Bake in a steady oven for about half an hour. When the cakes are nearly cold, cover them with a mixture made as follows:—Break the chocolate into a large cup and place it in boiling water till it is dissolved. Beat the whites of 2 eggs to a stiff froth, add 8 table-spoonfuls of castor sugar, and beat all together. Ornament with a red preserved cherry in the centre of each.

German Cakes.— $\frac{1}{2}$ lb. butter, 2 eggs, $\frac{1}{2}$ lb. castor sugar, 4 oz. almonds, $\frac{1}{2}$ oz. ground cinnamon, $\frac{1}{4}$ oz. ground cloves, $\frac{1}{4}$ oz. ground nutmeg, 1 lemon, 1 lb. flour, 2 table-spoonfuls of brandy.

Beat the butter to a cream. Beat the eggs and chop the almonds. Mix these ingredients together and add the sugar, spices, grated peel of the lemon,

and flour, and moisten with the brandy. Work all the ingredients well together on a board, roll about $\frac{1}{2}$ inch thick, and cut into shapes. Bake them in a slow oven till they are a light brown.

Luncheon Cake.—1 lb. flour, $\frac{1}{2}$ pint milk, $\frac{1}{4}$ lb. butter (or $\frac{1}{2}$ lb. dripping), $\frac{1}{2}$ lb. sugar, 3 oz. sultanas, 2 oz. currants, 2 oz. sliced candied peel, 3 large (or 4 small) eggs, 1 tea-spoonful baking powder.

Line a cake-tin with buttered paper. Dry and sift the flour and mix the baking powder with it. Work the butter and sugar to a cream. Whip the whites of eggs to a stiff froth. Beat the yolks and add them to the creamed sugar. Add the flour very gradually and alternately with the milk, beating well with a knife all the while. Mix in the fruit and stir the whites in gently. Pour the mixture into the cake-tin, place it in the oven, but not in the hottest part, and bake for half an hour. Then move it carefully to a warmer place. Cover it with thin buttered paper and bake in a moderate oven from three to four hours. It should be of a light-brown colour and thoroughly cooked through to the centre.

Marble Cake.— $\frac{1}{4}$ lb. butter, $\frac{1}{2}$ lb. castor sugar, $\frac{3}{4}$ lb. flour, 4 eggs, 4 oz. chocolate, 1 tea-cupful milk, $\frac{1}{2}$ tea-spoonful carbonate of soda, 1 tea-spoonful cream of tartar.

Beat the butter and sugar together, whisk the eggs and stir them in. Add the flour, soda, and cream of tartar, and beat all well together. Moisten with the milk, and fill a mould with part of the mixture about 1 inch thick. Powder the chocolate, and add to it a small spoonful of water to form a paste. Drop spoonfuls of this at intervals on the mixture, and give a slight stir with a skewer to spread them in circles. Fill the mould in this manner with the remaining mixture and chocolate paste, and bake in a moderate oven for one hour and a half.

Mazapan (*Marchpane*).—1 lb. almonds, $\frac{1}{4}$ lb. bitter almonds, 1 lb. sugar.

Blanch, peel, and dry the almonds, and pound them in a mortar. Put the sugar in a clean sauce-pan over a moderate fire and stir till it clarifies, removing all scum as it rises. Remove the sugar from the fire and stir it into the almonds. Warm both together, taking care not to let the mixture burn. Stir it well, and when it will no longer adhere to the fingers, after they have been dipped in cold water, spread it on a board sprinkled with sugar. As soon as it is cold, cut it into shapes and ornament them, if desired, with beaten cream, preserved fruit, or jelly.

Nut Cake.— $\frac{3}{4}$ lb. flour, $\frac{1}{4}$ lb. butter, $\frac{1}{2}$ lb. sugar, $1\frac{1}{2}$ gill milk, 3 eggs, 1 tea-spoonful baking powder, $\frac{1}{2}$ lb. kernels of any kind of nuts.

Butter a tin about $2\frac{1}{2}$ inches deep. Beat the sugar and butter to a cream. Beat the yolks of the eggs and mix them in. Mix the baking powder with the flour and a little salt, and add gradually, with the milk, to the cream. Beat in the chopped kernels and add the whites of eggs previously beaten to a stiff froth. Pour the mixture about $1\frac{1}{2}$ inches thick into the mould and bake for three quarters of an hour in a good oven.

Scotch Shortbread.—6 oz. flour, 2 oz. ground rice, $\frac{1}{4}$ lb. butter, 2 oz. castor sugar.

Rub the ingredients well together in a basin, and then work them on a board with the hands until the paste is soft. Roll it about an inch thick, cut it into oval cakes, and pinch them round the edges. Bake them in a slow oven for about one hour.

Thrapston Sponge-cake.— $\frac{3}{4}$ lb. castor sugar, 8 eggs, $\frac{1}{2}$ lb. flour, 1 lemon.

Boil the sugar in $\frac{1}{4}$ pint of water. Beat the yolks of all the eggs and the whites of three, and pour the boiling water over them; add the grated peel of the lemon, stirring the whole time. Beat for half an hour. Stir the flour in gently, and bake in a moderate oven for one hour and a quarter.

PASTRY MAKING.

Really good pastry making is not a speciality of the average cook, though the average English lady, if domestically inclined, can generally accomplish it with credit. The lady starts with the advantage of cool hands, and a deft, light touch.

Everything connected with pastry must be clean, exact in proportion, and well prepared. For ordinary pastry the usual proportions for every pound of flour are $\frac{1}{2}$ pound of butter or fat, $\frac{1}{2}$ pint of water, and a good pinch of salt. For very rich pastry the proportion of butter to flour varies from one-half to equal quantities. Equal parts of butter and lard make excellent light pastry, and good beef dripping is better than bad butter. Good butter makes not only the richest, but also the lightest, pastry. If it is salt, it must be washed in pure water and wrung through a clean cloth. Before butter is used, all water must be expelled from it. Other fats must be thoroughly clarified, and, before being rolled into the paste, should be worked to the same consistency as the paste. Flour must be dry and of good quality, and should be passed through a fine sieve. Several of the self-raising flours are excellent for puff pastry, but baking powders are to be avoided. Their tendency is to make pastry dry and chippy, or spongy and full of holes, according to their composition. If, however, they are used, the pastry must be baked directly it is made.

Use a heavy rolling-pin and a clean, smooth, dry board. Pastry should be rolled one way only—from the worker. It should form a strip three times as long as its width. To fold it, either the two ends are brought towards the centre or it is folded into three equal parts. By another method the paste is rolled into a circle about the size of a large plate, and the butter, worked into a ball—with the aid of a little flour if necessary—is placed in the centre and flattened out to about half the size of the circle. The paste, folded well over it, is then put aside in a cool place for one hour. Three intervals of twenty minutes should be allowed during the process of making puff pastry. Water should always be mixed in with a knife, and the paste should form an elastic mass, which does not adhere to the sides of the basin and leaves neither flour nor moisture.

Crisp Pastry.— $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ oz. sugar, $1\frac{1}{2}$ oz. butter, $\frac{1}{2}$ pint boiling cream (or milk), 1 yolk egg.

Mix the flour and sugar, add the boiling cream and butter, and work all well together. Beat and add the yolk of the egg. Place the dough on a floured board in a warm place and roll it once.

Flaky Pastry.—1 lb. flour, $\frac{3}{4}$ lb. butter.

Rub one-third of the butter into the flour, and add enough water to make a softish paste. Turn it on to a slightly-floured board, roll it once, and leave it for twenty minutes. Place one-sixth of the remaining butter in small pieces over the paste. Fold and roll it. Repeat this till all the butter is used, allowing two more intervals of twenty minutes during the process.

Flaky Pastry, Very Light.—10 oz. flour, 6 oz. butter, 2 whites of eggs.

Beat the whites of the eggs with a pinch of salt in a plate to a stiff froth. Place the flour in a bowl. Pour on it the froth, with a little cold water, and mix to rather a soft paste. Turn the mixture on to a board and knead it lightly till it is smooth. Work the butter to the same consistency as the dough, divide it into seven portions, and proceed as in "Very Light Puff Pastry".

Puff Pastry, Very Light.—1 lb. flour, 1 lb. butter, 1 lemon, 1 yolk of egg.

Dry and sift the flour. Place it in a basin with a good pinch of salt. Beat the juice of the lemon and the yolk of the egg into $\frac{3}{4}$ pint of water, add this to the flour, and mix with a knife to an elastic dough. Work the butter to the same consistency, and divide it into seven portions. Roll the dough into a strip about $\frac{1}{2}$ inch thick, and spread it with one portion of the butter. Fold the ends over the butter so that they meet in the middle. Turn it and roll again. Leave it in a cold place for twenty minutes. The operation of rolling, spreading on the butter, and folding must be repeated until all the butter is used—six more times, therefore, divided by an interval of twenty minutes, and followed by a similar interval.

Raised Pastry.—2 oz. of butter (or lard), 3 lbs. flour, 1 pint boiling water.

Rub the butter and flour well together, pour in the boiling water, and mix to a stiff paste. Put it into a stew-pan and place it near the fire for half an hour. Then remove and knead it well in a warm place. It must be moulded before it is cold.

Short Pastry.—6 oz. butter, 1 lb. flour, 1 lemon, 2 oz. sugar, 1 yolk egg.

Rub the butter into the flour. Beat the sugar and yolk of egg together and pour them into a hole in the centre of the flour. Mix the juice of the lemon in a short half tea-cupful of water. Add this to the other ingredients and mix all well together into a paste with a knife. Roll only once.

Short Pastry, Economical.—1 lb. flour, $\frac{1}{2}$ lb. butter (or dripping).

Rub the flour with a pinch of salt till it is quite free from lumps. Cut the butter into small pieces and rub it with the tips of the fingers into the flour till it is as fine as bread crumbs. Add the little water necessary, and stir quickly with a knife till a stiff dough is formed. Knead it lightly and roll it on the floured board. Fold and roll it a second time.

For meat-pies the crust should be thick and ornamented. Make a hole in the middle to allow the vapours of the meat to escape, and brush the crust over with yolk of egg or milk.

Short Pastry for Fruit Pies.—1 lb. flour, 2 oz. castor sugar, $\frac{1}{2}$ lb. butter (or dripping).

Rub the flour, sugar, and butter together, and mix them into rather a dry paste with $\frac{1}{2}$ pint of water. The crust should be thin and unornamented.

Suet Pastry.— $\frac{1}{2}$ lb. suet, $\frac{1}{2}$ lb. flour.

Chop the suet very fine, rub it into the flour with a little salt, and add sufficient cold water to work the ingredients into rather a soft ball of dough. Turn it on to a floured board and roll. Then fold and roll again.

SOUPS.

The Stock-pot.—Every economical kitchen should have a stock-pot (fig. 253) in daily use. Properly managed, the bones and scraps, and even the water in which fish, meat, or vegetables have been boiled, should

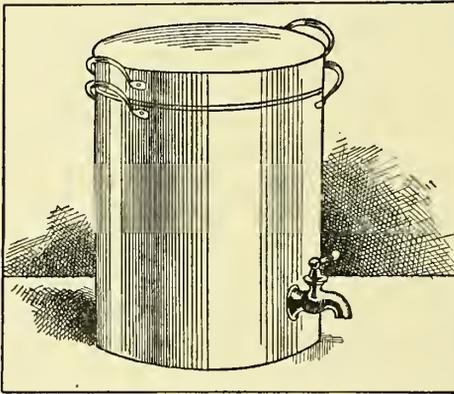


Fig. 253.—Stock-pot.

provide the foundation for sauces and soups throughout the week. Keep all bones and scraps, clean them twice a week, and look them over carefully. Break the bones very small, and remove the marrow, which, if left in, would make the stock cloudy. Put them into cold salted water. Bring the water to the boil, skim it thoroughly, draw it to the side of the fire and let it simmer very gently for eight or ten hours.

Keep it covered closely. On no account allow it to boil, for this

not only hardens the albumen and prevents it from being drawn into the water, but also extracts the coarse parts of the bones, making the stock thick and giving it an unpleasant flavour. An even temperature must be maintained. To allow the stock to get cold or even cool in the sauce-pan is to spoil it. Never leave it in the sauce-pan all night. If at the end of the day the whole of the nutriment has not been extracted, pour the stock (bones and all) into a large basin, and next morning put it again into a clean sauce-pan and finish the cooking. When it is sufficiently cooked, strain it carefully into a basin, and after it is quite cold remove the cake of fat from the top.

In hot weather stock should be boiled briskly and skimmed every day

in order to keep it fresh. As vegetables are apt to turn sour, they should be cooked separately in a little water and added as required. The water in which peas, beans, celery, artichokes, carrots, and turnips have been boiled will generally keep for one day, but that in which cabbages have been boiled should be used at once. In either case salt should be added. The water in which fish has been boiled is often, when cold, a clear jelly. With the addition of vegetables and the bones of the fish it makes an excellent and nutritious soup.

Brown Soups.—All vegetables intended for use in brown soups, sauces, and gravies which are to be thickened with roux, should be sliced and fried a good brown colour, but not burnt. A soup is converted into a purée by rubbing through a fine sieve the vegetables cooked in it and adding them to it while it is nearly boiling. After they have been added to the soup, it should be allowed to simmer for two or three hours, but never to boil.

The whites and shells of eggs well beaten in a little cold water will clear stock or soup when cloudy. Pour them into it while it is hot, but not boiling, and continue stirring until it boils. Let it boil gently for fifteen minutes, and then pour it into a warmed jelly-bag placed over a basin. It may have to be strained several times, but this should be avoided if possible, as it causes a certain loss of flavour.

A far better way of clearing soup is to chop $\frac{1}{2}$ lb. of raw meat very finely. Put it into the hot soup, allow this to boil up at once, and then strain it through a fine sieve or tammy. This method is not really extravagant, as the meat can be afterwards used in many ways.

White Soups.—The vegetables for white soups must also be sliced and fried. They must be thoroughly cooked without being browned—"fried white", as it is termed by the French. White soups are thickened with cream, beaten yolk of egg, roux, or a purée of the vegetables which form their foundation. When milk is added, the quantity is usually equal to that of the foundation stock.

Fish soups are very inexpensive and easily prepared. The water in which turbot, brill, or any other white fish has been boiled is sufficient for their foundation. The bones and trimmings are equally suitable. Mackerel, herrings, and salmon, however, should not be used for the purpose. While the stock is boiling it must be carefully skimmed, in order to remove the impurities carried to the surface by the albumen contained in the fish. Half a pound of fish bones and trimmings is sufficient for one quart of water.

Bisque d'Ecrevisses (Lobster Soup).—1 large lobster (a tin of lobster can be substituted), 1 oz. butter, $\frac{1}{2}$ blade of mace, 1 bunch sweet herbs, $\frac{1}{2}$ carrot, $\frac{1}{2}$ pint chablis, 1 pint cream, $\frac{1}{2}$ pint clear veal stock, $\frac{1}{4}$ lemon, 20 picked prawns, lobster coral butter.

Take the meat from the lobster and chop it into small pieces, reserving the coral. Put the butter in a sauce-pan, and when it has melted add the lobster meat, the mace, the carrot finely chopped, the herbs, a little pepper, salt, nutmeg, and celery salt, and fry all together for six minutes. Add

the chablis, and boil briskly for eighteen minutes. Drain through a hair sieve into a basin, and reserve the liquor. Pound the solid mixture in a mortar, place it in a clean sauce-pan, and add the liquor, the coral, and also the cream (previously salted and flavoured) and the stock. Rub through a fine hair sieve, add a little lobster coral butter, juice of the lemon, and a little cayenne. Ten minutes before serving make the bisque hot, taking great care that it does not boil, or it will curdle. Have ready the prawns, place them in a tureen, and pour the bisque over them. Serve immediately. This quantity will make about a quart of soup.

The lobster coral butter is made by pounding well together the coral of the lobster, 1 or 2 oz. of butter, according to the quantity of coral, and the hard-boiled yolk of an egg.

Brown Fish Soup.—1 lb. fish bones (or fish), 1 quart water, lemon juice, 2 onions, carrots, turnips, 2 small potatoes, 1 bunch each of parsley and herbs, 2 oz. butter, 1 table-spoonful flour. (A few shrimp heads and lobster shells are an improvement.)

Slice and fry the vegetables in half the butter, add the bones and trimmings, and brown all together. Put them, with the lemon juice, herbs, parsley, and water, into a sauce-pan, season with pepper, and, if necessary, salt, and let the mixture simmer for four or five hours. Remove all scum and fat as it rises. Strain the stock into a basin, put it again into a sauce-pan, and thicken with a little brown roux made with the flour and the remainder of the butter. Serve very hot.

Cabbage Soup.—1 large cabbage, 1 large onion, 2 table-spoonfuls of tapioca, 3 quarts stock (or water).

Shred the cabbage, throw it into boiling salted water, and let it boil for ten minutes. Drain, and put it into fresh boiling water (or stock) with the onion sliced very thin, pepper and salt. Put the tapioca into $\frac{1}{2}$ pint of this stock and boil it till it is tender. When the cabbage is sufficiently cooked, strain it, reserving a few shreds for the soup. The remainder can be used as a vegetable. After adding the hot tapioca, pour the soup into a tureen in which some fried croûtons have been placed. The croûtons must be fried immediately before serving.

Consommé à l'Allemande (*Clear Hare Soup*).—The remains of a hare, 1 carrot, 1 turnip, 1 blade celery, 1 onion stuck with two cloves, 1 bay leaf, 1 bunch parsley and thyme.

Pick off the meat from the remains of a hare left over from dinner. Break the bones in convenient pieces, and lay them in a stew-pan with the carrot, turnip, blade of celery, onion, two peppercorns, bay leaf, thyme, and parsley. Cover with stock, let it boil gently for several hours and then strain. Pound the meat previously saved, together with any scraps that may have left the bones while boiling, moistening it with some of the soup. Rub it through a sieve into the soup, give it a boil up, and thicken it with a little butter rolled in flour. Serve with fried croûtons.

Rabbit, grouse, or any game can be used in the same way.

Consommé aux Legumes (*Vegetable Clear Soup*).—2 carrots, 2 turnips,

1 leek, 1 small onion, 1 blade of celery, 2 oz. butter, 2 whites and shells of eggs, vermicelli.

Prepare and slice the vegetables; and after melting the butter in a stew-pan, fry them in it a light brown. Do not allow them to acquire a dark colour, or the appearance of the soup will be spoiled. Add a quart of water, and let the liquid simmer gently for a couple of hours, taking care that the vegetables do not break, or the stock will thicken. Strain it, season to taste, and clarify with the whites and shells of the eggs in the usual manner. It is improved by a glass of sherry. Add a garnish of vermicelli ten minutes before serving.

Consommé du Barri (*Clear Ox-tail Soup*).—3 lbs. shin of beef, 1 ox tail, 5 pints water, 1 small carrot, $\frac{1}{2}$ turnip, 1 small onion, 1 small bunch each of thyme, parsley, and sage, 1 white of egg, 1 glass of sherry.

Stew the beef gently for twelve hours in the water, with the vegetables, herbs, pepper, and salt. When it is nearly cooked, beat in the well-whipped white of the egg. Strain the stock and set it aside till next day. Then remove all fat and sediment. Cut up the ox tail and put it with the stock to stew gently for from three to four hours. Add the sherry. Serve the best pieces of tail in the soup.

Consommé Richelieu (*Clear Game Soup*).—4 lbs. of game (or poultry) bones, 2 onions, 1 large leek, 1 carrot, 1 blade of celery, 1 bunch sweet herbs, 2 strips lemon peel, a few mushrooms if possible, 1 bay leaf, 1 bunch parsley, 2 oz. dripping, 3 pints stock, 6 oz. raw meat (or game).

Cut the onion into dice, and slice the other vegetables. Melt the dripping in a sauce-pan, and fry in it the bones, vegetables, herbs, bay leaf, parsley, and lemon peel for thirty minutes, taking care that the mixture does not burn. Cover it with the stock, bring it to the boil, skim, and let it simmer for three hours. When it is cold, strain and remove the fat. Heat the stock again in a stew-pan, chop the meat, and when the stock is boiling, beat the meat into it for about ten minutes. Strain through a fine flannel. The soup should now be quite clear, but if it is not, it can be clarified by beating in it the white and shell of an egg while it is boiling. This is, however, better avoided if possible, as it impoverishes the soup.

Crème à la Princesse (*Rich Lentil Soup*).—1 pint soaked lentils, 2 quarts stock, 3 oz. butter, 1 bunch of fresh herbs, 3 table-spoonfuls of cooked peas, 1 pinch mint, $\frac{1}{4}$ pint cream.

Drain the lentils and put them into a stew-pan with the butter and herbs. Fry them a little, moisten with the stock, and cook till they are tender. Rub them through a hair sieve, return the mixture to the stew-pan, add the mint, and season to taste. Put in the cream and make the soup very hot without boiling. Add the peas and a few freshly-made croûtons.

Crème d'Amandes (*Almond Soup*).—2 lbs. lean beef (or veal), 2 oz. vermicelli, 2 small blades of mace, 3 cloves, $\frac{1}{4}$ lb. sweet almonds, 3 yolks of eggs, $\frac{1}{2}$ gill thick cream.

Cut the meat into small pieces, place it in a stew-pan with pepper and

salt, cover it with a quart water, and let it stew gently for five hours. Strain the liquor, and place it in a sauce-pan, with the spices and vermicelli. Boil it for twenty minutes or until the stock is well flavoured with the spices, which should then be removed. Pound the almonds with one table-spoonful of stock. Boil the yolks hard and pound them to a paste with the almonds. When the soup has cooled a little, stir this paste smoothly into it, and strain. Warm it again in a sauce-pan, stir until it almost boils, and stir in the cream. Serve very hot.

Crème de Céleri (*Celery Soup*).—6 heads of celery, 4 onions, 2 oz. lean ham (or bacon), 2 oz. butter, 1 quart milk (or white stock), 1 gill cream (or 1 yolk of egg), flour.

Slice the heads of celery, the onions, and lean raw ham or bacon, put them into a sauce-pan, with half the butter, a little nutmeg, pepper, and salt, and about a pint of water. Let the mixture simmer gently till the celery is thoroughly cooked. Add the milk (or white stock), thicken with a little flour and the rest of the butter, and stir over the fire till the soup is of the consistency of thin cream. Rub it through a sieve, return it to the sauce-pan for ten minutes, and add the cream (or yolk of egg). Serve as hot as possible.

Crème de Palestine (*Artichoke Soup*).—1 quart white stock (the water in which rabbits or fowls have been boiled will do), 6 Jerusalem artichokes, 1 oz. butter (bacon rind, if at hand), 2 bay leaves, $\frac{1}{4}$ pint cream (or $\frac{1}{2}$ pint hot milk with the yolk of an egg), a few peppercorns.

Slice the vegetables and fry them white in the butter. Place them in a clean stew-pan and add the stock, scraped bacon rind, bay leaves, peppercorns, and salt. Stew till the artichokes can be pulped through a sieve, using just enough of them to thicken the soup. Add the cream or the yolk of the egg beaten in the hot milk. Re-warm without allowing it to boil.

Crème Royale (*White Soup*).—3 pints strong, well-flavoured white stock, 2 oz. cooked macaroni, 2 yolks of eggs, $\frac{1}{4}$ pint cream, 1 table-spoonful Parmesan cheese, 1 tea-spoonful chopped parsley.

Cut the macaroni into small pieces, let it simmer in the stock for five minutes, and season with salt, pepper, and a pinch of cayenne. Beat the yolks of the eggs into the cream. Remove the soup from the fire and beat the cream into it. Sprinkle in the parsley and the Parmesan cheese. Re-warm the soup without allowing it to boil.

Gourkha Soup.—1 large onion, 2 oz. salt butter, 1 carrot, $\frac{1}{2}$ turnip, 2 blades celery, 2 cloves of garlic, 24 cloves, 24 peppercorns, 1 tea-spoonful curry powder, 2 quarts strong stock, 1 lb. tomato conserve (or 1 lb. tomatoes), 3 bay leaves.

Cut the onion into thin rings, chop the cloves of garlic very fine, and fry both a golden brown in the butter with the cloves and peppercorns. Add the curry powder and the stock, and then the tomatoes sliced or the conserve, the bay leaves, and salt to taste, stirring well the whole time. Let the mixture simmer gently for at least two hours; then strain it through a wire

sieve, allowing as much of the pulp as possible to pass through into the liquor. Serve with fried bread cut into dice.

Oyster Bisque (*Oyster Soup*).—1 pint oysters, $\frac{1}{2}$ pint white stock, 1 pint cream, $\frac{1}{2}$ pint stale crumbs, 1 table-spoonful butter, $\frac{1}{2}$ table-spoonful flour, $\frac{1}{2}$ stick celery, 1 small slice of onion, 2 yolks of eggs, a small piece of mace, salt, pepper, and cayenne.

Chop the oysters fine, and put them into a stew-pan with their liquor, half of the stock, the vegetables, and the seasoning. Cover and place it on a cool part of the range, and let the contents cook slowly for half an hour. Put the bread and the remaining stock in a second stew-pan. Cover closely and put it also in a cool place, and let it cook for half an hour. Then strain the contents of the first stew-pan into the second, pressing all the liquor from the oysters, and cook for ten minutes longer. Reserve a quarter of a cupful of the cream, and put the rest on to heat in a double boiler. Rub the butter and flour together until smooth and creamy. When the contents of the stew-pan have been cooked for ten minutes, rub them through a fine sieve. Replace them in the pan, and after adding the creamed butter and flour, place the pan on the fire. Stir the mixture till it boils; then add the hot cream, and draw the pan back to a cooler place. Beat the yolks of the eggs well, and add the reserved cream to them. Mix this into the bisque and stir for one minute over the fire.

Potato Soup.—6 large potatoes, 2 onions, 1 pint of water, 1 pint of milk, 1 oz. butter.

Pare the potatoes, peel the onions, slice both very thin, and add pepper, salt, and the butter. Let them simmer in the water for about twenty minutes or until the vegetables are quite tender. Strain and pulp them through a hair sieve. Warm the milk separately, add it, and re-warm all together.

Purée à la Moulin Rouge (*Pigeon Soup, Thick*).—3 pigeons (previously cooked—old birds will do), 2 quarts good stock, 1 small onion, 1 bunch parsley, 1 sprig thyme, 1 bay leaf, 1 oz. butter, 1 table-spoonful flour, 2 table-spoonfuls red-currant jelly, 1 glass red wine, 1 yolk egg, lemon juice.

Reserve the meat from the breasts of the pigeons. Strain the stock into a stew-pan, add to it the remainder of the birds, with the parsley, thyme, onion, and bay leaf, and let it stew for one hour. Mince the reserve meat in a mincing-machine, and after mixing it with a little of the soup, pound it to a paste in a mortar. Skim the soup quite free from grease. Melt the butter in a stew-pan and stir in the flour. When it becomes a pale brown, add a little of the soup, and stir till it thickens. Pour in the remainder and the pounded meat, and let it boil, stirring all the while. Flavour with the jelly, wine, and a little lemon juice, and season with salt, pepper, and a little cayenne. Beat the yolk of the egg, remove the boiling soup from the fire, and stir the egg into it. Serve very hot.

Purée à la Princesse (*Game Soup, Thick*).—Remains of game, 2 $\frac{1}{2}$ pints chestnuts, 2 quarts game (or strong beef) stock, 5 oz. butter, 3 yolks of eggs, ($\frac{1}{2}$ gill cream if possible).

Cut off the best pieces of the game. Break up the bones and stew them gently in the stock for eight hours. Season with pepper, salt, and a little sugar. Strain and skim. Split the chestnuts, plunge them into a stew-pan of boiling water, let them boil for two minutes, drain them well and dry them with a clean cloth. Melt 1 oz. of butter; put the chestnuts in it, and fry them over a quick fire for five minutes. Remove and cover them with a cloth, take off the shells while they are hot, place them with the stock in a large stew-pan, and cook them very gently till they are tender. Rub them through a fine sieve. Return the whole to the stew-pan, adding a little water if there has been much evaporation, and stir it till it boils. Add the rest of the butter by degrees. Whip the yolks of the eggs and stir them in with the cream. Warm the soup thoroughly, stirring it all the while, but do not allow it to boil. Serve with the pieces of game and croutons of fried bread.

Purée aux Petits Pois (*Green-pea Soup, Thick*)—3 pints good peas, 1 oz. butter, 1 table-spoonful cream, $1\frac{1}{2}$ pint white stock, 2 spring onions, 1 small bunch of parsley, a few sprigs of mint, 4 yolks of eggs, 1 gill milk.

Boil the peas in a stew-pan, with a quart of water, the parsley, onion, mint, and some salt, till they are tender, and then rub through a hair sieve. Return the mixture to the stew-pan, add the stock and butter, and let it simmer for fifteen minutes. Season to taste, add the cream, and set it aside. Beat the yolks of 3 eggs and the milk together, strain into a well-buttered mould, cover tightly, and steam in a little water in a sauce-pan. When the custard is set, turn it out and cut it into cubes. Re-warm the soup and thicken it with the remaining yolk of egg well beaten, or with half a gill of cream. Let it nearly boil, add a pinch of sugar and the custard cubes. Serve.

Purée de Céleri (*Celery Soup, Thick*).—4 or 5 heads of celery, 1 small onion, 2 yolks of eggs, 1 gill cream.

Put the onion and celery into a stew-pan of boiling water. When they are tender, drain them, and pass them through a sieve. Dilute them with some of the water in which they were boiled, and season to taste. Beat up the yolks of the eggs with the cream, stir them into the soup over the fire till it is hot, but not boiling.

Purée of Oysters (*Oyster Soup, Thick*).—1 quart water in which white fish has been boiled, 4 large onions, 1 bunch sweet herbs, 6 oysters and their liquor, 1 blade of mace, 18 peppercorns, 4 oz. pearl barley (cooked), 1 oz. butter.

Place the fish stock in a stew-pan. Add the onions, herbs, the mace, the peppercorns, and the liquor from the oysters. Let this simmer gently till the onions are cooked and tender; remove the herbs, peppercorns, &c., add the barley, and boil for ten minutes. Then pass the mixture through a hair sieve, return the purée to a clean sauce-pan, and add 1 oz. of butter, more if preferred, and the 6 oysters cut into tiny pieces. Let it simmer till the oysters are cooked, stirring continuously to avoid burning. Add salt to taste, and serve immediately.

A gill of cream is a great improvement to the above purée.

Soup à la Crème (*Fish Soup*).—2 lbs. of cheap fish (not mackerel), $\frac{1}{2}$ lb. of shell or white fish (with skin or bone), 1 stick of celery, parsley, bay leaf, 1 large onion, 1 quart water, 1 cup cream, 2 eggs, 3 oz. butter, 1 shallot, 3 oz. grated bread, 2 oz. bacon (or pork), ginger.

Wash the 2 lbs. of fish well, place it in a pan with enough cold water to cover it, add the celery, onion, a few sprigs of parsley, a bay leaf, and a small spray of ginger, and set it on the fire. Cover it closely, and when it has simmered for an hour, add the rest of the water. As soon as it boils strain it, and add the cream (except 2 or 3 table-spoonfuls), and salt and pepper to taste. Serve garnished with fish balls made thus:—Melt the butter, and fry a finely-minced shallot in it to a pale-yellow colour. Add the grated bread, the rest of the cream, and the eggs. Stir this mixture over the fire for a few minutes, and then turn it out to cool. Mince the $\frac{1}{2}$ lb. of shell or white fish with the pork or bacon; season with salt, pepper, parsley, and a grate of nutmeg, and mix well with the former ingredients. Form into very small balls on a floured board, and boil them for ten minutes.

Soup in Haste.—2 turnips, 2 carrots, $\frac{1}{4}$ head celery (or pinch of celery seed), 2 onions, 1 dessert-spoonful Liebig's essence (or Bovril).

Slice the vegetables, reserving a small piece of carrot, and brown them in the butter. Put them in a sauce-pan with the unsliced carrot, pepper, and salt for from two to four hours. Strain well, skim off all fat, and stir in the essence of meat. Cut the unsliced carrot into very thin shreds of an equal size. Re-warm the soup and add the carrot as a garnish. If the soup needs clearing, beat into it, while boiling, the shell and white of an egg before the essence is added. Any garnish desired can be used.

Tomato Soup (White Soup).— $\frac{3}{4}$ pint stock, $\frac{3}{4}$ pint milk, the juice of $\frac{1}{2}$ tin of tomatoes, 1 oz. butter, 1 table-spoonful flour, 1 yolk of egg, 1 blade mace.

Stew the stock and tomato juice with the mace, a good quantity of salt, and a little pepper, for two hours. Thicken it with a white roux made of the butter and flour. Add the milk, and heat the soup thoroughly without allowing it to boil. Beat the yolk of egg and add it to the soup when taken off the fire. Serve in a very hot tureen. The egg may be omitted if desired.

Tomato Soup without Meat.— $\frac{1}{2}$ tin of tomatoes, $\frac{1}{2}$ Spanish onion, $\frac{1}{2}$ small carrot, $\frac{1}{4}$ turnip, 2 oz. rice, $\frac{1}{2}$ pint milk, $1\frac{1}{2}$ pint water, $\frac{1}{2}$ table-spoonful chopped parsley, 1 oz. butter, $\frac{1}{2}$ oz. flour, a pinch of celery seed.

Skin, scald, and chop the onion very fine, scrape and grate the carrot, cut the turnip into very thin slices, wash the rice. Put these ingredients, together with the tomatoes, into a large sauce-pan of water and let them boil for half an hour. Press as much of the pulp as possible through a colander, keeping back the hard pieces of vegetable. Work the butter well into the flour, and add it, with the milk, to the soup, and stir well over the fire till it boils. Then add the parsley and a small lump of sugar.

Pour the soup while it is very hot into the tureen. Serve with or without fried croûtons of bread.

Turnip Soup.—6 yellow turnips, 2 large onions, 1 carrot, 1 stick of celery, $\frac{1}{4}$ lb. butter, 3 yolks of egg, 3 pints boiling stock.

Slice the turnips, onions, and carrots, and stew them well, without browning them, in the butter. Add half the stock, and stew the vegetables again till they are sufficiently tender to run through a fine sieve. Return the mixture to the stew-pan, season with pepper and salt, add the rest of the stock, and let it boil. Beat the yolks of the eggs to a cream and stir them into the soup, when it is removed from the fire. Serve with small croûtons of bread.

White Fish Soup.—1 lb. bones of white fish, 1 quart water, lemon juice, 2 onions, 1 bunch of parsley, 1 bunch sweet herbs, 1 pint milk, 1 oz. butter, 1 table-spoonful rice (or other) flour, 1 dessert-spoonful chopped parsley.

Stew the bones, with a little salt and a few peppercorns, very gently in the water for four hours. Remove all scum as it rises. Add a dessert-spoonful of lemon juice, the herbs, parsley, and the onion cut into thin slices. Let the mixture simmer for two hours. Strain it carefully through a sieve, and remove all fat, scum, and sediment. Place the stock in a clean sauce-pan over the fire, and when it is warm add a roux made of the butter and flour, and stir till it boils. Boil the milk in a separate sauce-pan, and add it, with the chopped parsley, to the soup. Do not allow it to boil after the milk is added.

If a richer soup is desired, add 1 gill of cream or the beaten yolk of an egg, while it is hot, but not boiling. It will be still stronger if 1 stick of celery, 2 small potatoes, and 1 slice each of carrot and turnip are added to the vegetables named.

One quart of the water in which fish has been boiled, if it is not too salt, can be used instead of the bones; or 1 lb. of fish will answer the same purpose, in which case small balls should be made from part of the fish and used as a garnish. Thin flakes of fish can also be served with the soup.

SAUCES.

Sauces play an important part in modern cookery. The method used in their preparation is practically the same in all cases, namely, to place some "roux" (see "Cookery Adjuncts"), white or brown, in a stew-pan, to pour heated stock, milk or water, over it, and to stir until it has thickened.

White Sauces.—Thus, white sauce consists of 1 table-spoonful of white roux, $\frac{1}{2}$ pint milk, and a little salt.

ANCHOVY SAUCE.—To white sauce add a tea-spoonful of anchovy sauce.

BECHAMEL SAUCE.—Proceed as in the last recipe, but use a larger quantity of cream, and flavour with mushrooms, green onions, and a little nutmeg or mace.

CAPER SAUCE.—Drop a few chopped, and some whole, capers into white sauce, and let it boil for a few minutes. Remove it from the fire, and add a tea-spoonful of vinegar.

EGG SAUCE.—To white sauce add chopped hard-boiled eggs.

PARSLEY OR FENNEL SAUCE.—Boil finely-chopped fennel or parsley in white sauce for one minute.

SAUCE BLANCHE.—Beat the yolk of an egg into a tea-spoonful of lemon juice and stir into boiling white sauce immediately it is taken off the fire.

SAUCE VELOUTÉ.—For the milk used in making white sauce, substitute equal quantities of milk and of very strong, well-flavoured white stock, together with a table-spoonful of cream. As its name implies, it must be soft and velvety. This is attained by rubbing the sauce through a tammy or very fine sieve.

SHRIMP SAUCE.—Boil in white sauce a gill of picked shrimps and 1 tea-spoonful of anchovy sauce.

Brown Sauces.—Brown sauces are even more numerous than white. Sauce Espagnole may be termed the foundation sauce. Brown roux, stock, browned vegetables, and ham are its chief ingredients. As a rule, for a given quantity of onions, the relative proportions of other vegetables are half that quantity of carrots, one-fourth of turnips, and rather less of celery. A good working recipe for Sauce Espagnole is as follows:—1 table-spoonful of brown roux, $\frac{1}{2}$ pint good stock (or gravy), 1 onion, $\frac{1}{2}$ carrot, $\frac{1}{4}$ turnip, and a blade of celery sliced and browned, and 1 oz. of ham chopped and browned.

Melt the roux in a stew-pan, pour over it the stock (or gravy), and stir till it thickens. Add the browned vegetables and ham, and let the mixture simmer for two hours. Season with salt and pepper. Spices may be added to taste. The sauce must be strained.

ITALIAN SAUCE.—To Sauce Espagnole add chopped mushrooms and shallots, brown wine, and spices.

POIVRADE (*Brown Sauce with Peppercorns*).—To Sauce Espagnole add lemon juice and a good quantity of peppercorns.

SAUCE MADÈRE (*Brown Sauce with Madeira Wine*).—To Sauce Espagnole add Madeira or brown sherry previously reduced to half its original quantity by rapid boiling, and a pinch of sugar and cayenne.

Bernaise Sauce.—12 shallots, $\frac{1}{2}$ pint good gravy, 1 bunch sweet herbs, 5 yolks of eggs, 2 lemons, saffron, nutmeg.

Pound the shallots well in a mortar and wring them through a clean piece of muslin to extract their juice. Put the juice in a sauce-pan, with the gravy, herbs, yolks of eggs, salt and pepper, and the juice of the lemons. Stir the mixture over a gentle fire till it thickens, without boiling. Take the sauce-pan from the fire, stirring the whole time, and add a few grates of nutmeg and a piece of saffron.

Bread Sauce.—1 slice of onion, $\frac{1}{2}$ pint milk, bread-crumbs, $\frac{1}{2}$ oz. butter.

Stew the milk with the butter, onion, and pepper. When it has acquired the desired flavour, strain it, while boiling, over a small tea-cupful

of bread-crumbs. Cover with a saucer and leave it in the oven till the crumbs have absorbed the milk. Add more hot milk if necessary. The consistency should be that of a very thick custard.

Brown Caper Sauce.—1 oz. butter, 1 oz. flour, nutmeg, 1 gill strong stock, essence of anchovy (1 table-spoonful each of Harvey and Worcester sauces if possible), 1½ table-spoonful finely-chopped capers.

Put the butter in a stew-pan with the flour, a little salt, pepper, and nutmeg. Work these well together with a wooden spoon, and then add the stock, a few drops of the anchovy, the Worcester and Harvey sauces, and the capers. Stir the mixture carefully over the fire for ten minutes. When it is quite boiling, serve with cayenne pepper, handed separately.

Chestnut Sauce (brown).—6 chestnuts, 1 clove of garlic, 1 egg, ½ pint stock.

Pound the chestnuts with the yolk of the egg and as much garlic as desired. If the mortar is well rubbed with a cut clove of garlic, this is generally sufficient. Season with salt and pepper. Put the paste with the stock into a stew-pan and stir till the sauce thickens. It must not boil.

Chestnut Sauce (white).—½ pint cream, ½ lb. chestnuts, 2 oz. sugar.

Boil the chestnuts till they are tender, remove their shells and skins, and pound them smooth in a mortar. Add the sugar, put the mixture in a stew-pan, and stir it over the fire till it is smooth. Then add the cream, stir the sauce well, and make it very hot, without allowing it to boil.

Cream Sauce (cold).—1 gill cream, 1 egg, 2 oz. castor sugar.

Whip the white of the egg to a very stiff froth. Beat the yoke, add it with the sugar to the froth, and mix well. Whip the cream and stir it in.

Cream Sauce (hot).—1 gill cream, 1 gill milk, 1 oz. butter, 2 small dessert-spoonfuls flour, 1 egg.

Warm the milk and season it with salt and a little pepper. Work the flour and butter into a soft ball, and stir it into the milk until it thickens. Beat the white and the yolk of the egg separately. Stir the cream into the sauce when it is nearly boiling. Remove it from the fire and stir in the beaten yolk of egg. Just before serving, stir in the whipped white gently.

Dutch, or Hollandaise, Sauce.—2 yolks of eggs, 1 oz. horse-radish, 1 table-spoonful mustard, 1 small minced shallot, ½ tea-spoonful celery seed, 1 wine-glassful oil, 1 wine-glassful well-flavoured vinegar.

Boil the yolks hard and pound them with the horse-radish, grated finely, the shallot, celery seed, mustard, and salt. Add the vinegar, and finally the oil, very gradually indeed. Heat the mixture in a stew-pan over a very gentle fire, and stir with a wooden spoon till it is a thick cream.

Green Sauce.—To cream sauce add green colouring, or the juice of spinach or parsley.

Horse-radish Sauce.—2 good table-spoonfuls thick cream, 1 table-spoonful vinegar, 1 dessert-spoonful sugar, 1 salt-spoonful salt, 1 salt-spoonful dry mustard, ¼ salt-spoonful white pepper, 1 good table-spoonful finely-grated horse-radish.

Mix the horse-radish and cream well together. Add the other dry

ingredients separately, and stir till they are melted and well mixed. Add the vinegar according to taste. The sauce should be of the consistency of thin apple sauce.

Indian Sauce.—2 oz. butter, 1 pinch saffron, 1 chilli, 1 table-spoonful flour, 1 pint stock.

Make a roux of the flour and butter. Pound the chilli and boil all the ingredients together till they are reduced to $\frac{1}{2}$ pint. Season with pepper and salt.

Maître d'Hotel Butter (*Butter Sauce with Lemon and Parsley*).— $\frac{1}{2}$ lb. butter, $\frac{1}{4}$ salt-spoonful salt, 1 salt-spoonful pepper, 2 table-spoonfuls chopped parsley, juice of 1 lemon (or vinegar), a pinch of cayenne.

Work all together till the sauce is very smooth.

Mayonnaise Sauce.—1 yolk of egg, 1 small tea-spoonful sugar, 1 salt-spoonful salt, 1 good salt-spoonful each of dry mustard and pepper, 1 good table-spoonful vinegar (plain or flavoured), 2 or 3 full table-spoonfuls oil.

Boil the yolk of the egg quite hard and rub it very smooth; work in, separately and thoroughly, the mustard, the sugar, the pepper and salt, and stir in the vinegar. Add the oil drop by drop, beating the whole time with a wooden spoon till the sauce is of the consistency of a custard. If the mayonnaise sauce is intended for decorating, the white of the egg should be whipped to a very stiff froth and stirred in gently at the last moment.

Orange Sauce.—1 gill salad oil, 2 oz. coarse brown sugar, $\frac{1}{2}$ gill vinegar, the juice and the rind of an orange minced very fine, 1 large table-spoonful mustard.

Beat the oil and mustard to a thick cream. Add the other ingredients separately, beating well.

Oyster Sauce (cheap).—1 tin of oysters, 1 tea-spoonful anchovy sauce, a squeeze of lemon, $\frac{1}{2}$ pint milk, 1 oz. butter, flour.

Make a roux in a stew-pan, with the butter and 1 dessert-spoonful of flour. Add part of the milk and stir till the mixture is smooth and fairly thick. Open a tin of oysters, and turn its contents into the stew-pan with the remainder of the milk. Let it boil up, and rub it through a wire sieve. Pour it back into the stew-pan. Add the anchovy sauce, season with pepper, and squeeze in a little lemon juice at the last moment. Add fresh oysters if desired.

Parmesan Sauce.— $\frac{1}{2}$ pint milk, 1 yolk of egg, 1 oz. butter, 1 oz. flour, 2 table-spoonfuls Parmesan cheese.

Melt the butter in a sauté-pan. Add the flour, and pour the milk over it, stirring all the time till the mixture is smooth. Take it off the fire. Add the Parmesan cheese, beaten yolk, pepper and salt, and beat over the fire till the sauce nearly boils. It must not on any account be allowed to boil.

Piquante, or Tartare, Sauce.— $\frac{1}{2}$ pint white (or brown) sauce, piccalilli.

Make a white or brown foundation sauce. Chop half a table-spoonful of pickle and stir it with one table-spoonful of vinegar from the pickle. Add it to the sauce.

Sauce à la Crème (*Egg Sauce*).—6 yolks of eggs, 1 oz. butter, 2 table-spoonfuls vinegar, 4 table-spoonfuls water, 1 blade of mace, flour.

Beat the yolks with a little flour and a piece of butter of the size of a walnut; add the mace, pepper, salt, vinegar, and water, and warm in a stew-pan. When the sauce begins to boil take it off the fire and add the remainder of the butter, stirring only in one direction.

It must not be put on the fire after the butter has been added.

Sauce à la Poulette (*Cream Sauce for Boiled Fowl*).—1 gill white sauce, 2 table-spoonfuls cream, 2 yolks of eggs, 1 tea-spoonful chopped parsley, 1 tea-spoonful chopped mushroom, spice.

Put the sauce into a clean sauce-pan, add the cream and a very little spice, the yolks of the eggs well beaten, the chopped parsley, and pepper and salt to taste. Stir carefully over the fire for ten minutes, but do not allow the sauce to boil. When it is very hot, without actually boiling, add the finely-chopped mushrooms, and cook them till they are tender.

Sauce Soubise (*Onion Sauce*).—8 large onions, 2 oz. butter, a little nutmeg (or mace), 2 oz. flour, 2 large cooked potatoes, 1 pint milk.

Peel and slice the onions and put them into a stew-pan, with the butter, a little nutmeg or mace, and pepper and salt. Let them simmer gently till they are quite tender, shaking the pan frequently to prevent their burning, as they must not colour. When they are thoroughly cooked, pulp them through a fine sieve. Add the flour, potatoes, and milk; warm the sauce again for fifteen minutes, stirring carefully. Strain it through a hair sieve, return it to sauce-pan, and boil it for five minutes.

Tomato Sauce.—3 ripe tomatoes, 1 sprig thyme, $\frac{1}{2}$ medium-sized onion, $\frac{1}{2}$ oz. butter, $\frac{1}{2}$ gill brown sauce.

Cut the tomatoes in halves, and when a little of the watery juice has drained off, cut them small. Chop the onion. Melt the butter in a stew-pan. Put into it the tomato, onion, and herbs, and let all simmer till the vegetables are tender. Rub them through a sieve into the stew-pan, add the brown sauce, and boil for ten minutes. A little vinegar or lemon juice can be added if desired.

FISH.

Brill, with Polish Sauce.—1 brill, lemon, 1 tea-spoonful minced parsley, 1 stick of young horse-radish, 1 gill cream, $\frac{1}{2}$ oz. butter.

Steep the fish in salt and water for an hour before cooking it, trim and rub it over with lemon-juice, and put it in a fish-kettle with plenty of salted water, laying a buttered paper over it. Bring it gently to the boil, and let it cook at the side of the stove for fifteen or twenty minutes, according to size. Dish on a napkin, garnished with lemon and parsley. Rub a tiny piece of butter over the fish, and sprinkle it with finely-minced parsley.

For the sauce, well wash and grate the horse-radish, and beat it quickly

into the stiffly-whipped cream, flavouring to taste with cayenne and lemon-juice, or with chilli vinegar.

Cod (*Morue à l'Espagnole*).—2 lbs. cod, 1 salt-spoonful chopped shallot, 1 wine-glassful sherry, $\frac{1}{2}$ pint milk, 1 oz. butter, 1 dessert-spoonful flour, mushroom trimmings (or mushroom ketchup), lemon-peel.

Cut the cod into neat slices, sprinkle these with pepper and a little finely-minced shallot, and place them so that they overlap in the centre of a well-buttered fireproof china dish. Moisten with the sherry, strew with mushroom trimmings, bake in the oven, and baste frequently.

With the milk and flour make a plain white sauce, and as soon as the cod is cooked, drain the liquor from it, with the mushrooms, into the sauce, without allowing the fish to become disarranged. Add to the sauce some grated lemon-peel, stir well, make very hot, and strain over the fish.

Potatoes neatly shaped, plainly boiled, then sautéed in a little butter and sprinkled with powdered parsley, may be served with the dish.

Cod (*Morue d'Ostende*).— $1\frac{1}{2}$ lb. cod, 8 or 10 oysters, 1 egg, flour, milk, butter, fat (or oil).

Make a batter with the flour, egg, and milk, as directed in "Batters", and let it stand for several hours. Cut the fish into two rather thick slices,

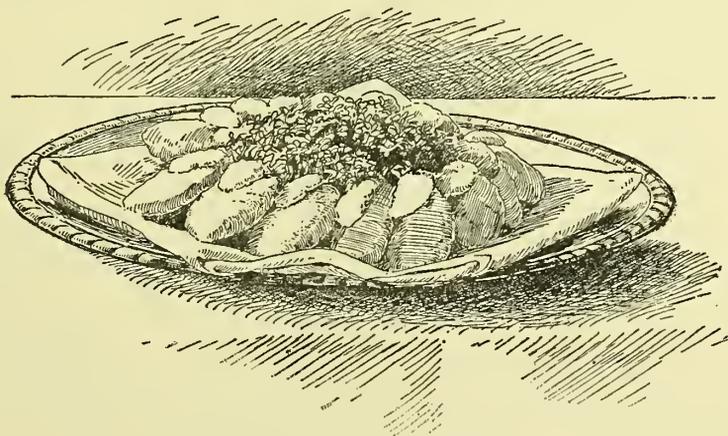


Fig. 254.—Cod (*Morue d'Ostende*).

divide these into little fillets about two inches across, dip them into the batter, and fry in boiling fat or oil till they are a pale golden brown. Fry the oysters lightly in a little butter, without allowing them to harden. Dress the fillets on a folded serviette, and place an oyster on each. Decorate with parsley or water-cress (fig. 254).

Cod, Spiced.—4 lbs. middle of cod, $\frac{3}{4}$ pint vinegar, $\frac{1}{4}$ oz. allspice, $\frac{1}{4}$ oz. whole pepper, 6 cloves, 2 bay leaves, 1 oz. butter, mayonnaise sauce, 2 lettuces.

Boil the cod and set it aside. Pour into a stew-pan a pint of the water in which it was boiled, add the vinegar, spices, and bay leaves, with half a dessert-spoonful of salt, and let the liquid simmer for an hour. Skim it,

add the butter, and boil. Place the fish in a narrow dish, deep enough to allow of its being submerged in the liquor, which must now be poured over it. Leave it till the next day. Serve with lettuce hearts and a good mayonnaise sauce.

Fish Pudding.—6 oz. cooked fish, 3 oz. bread-crumbs, 2 oz. butter, 1 lemon, 1 oz. flour, 1 pint milk, 3 eggs.

Shred the fish, and let it soak for ten minutes in 1 gill of milk, with the bread-crumbs, lemon-juice, 1 oz. butter, cayenne, salt, and pepper. Beat the eggs, and mix them well in. Pour the mixture into a greased mould, and steam it for twenty minutes. Make a sauce with the flour and the remainder of the milk and butter.

Fish and Macaroni.— $\frac{1}{2}$ lb. cold boiled white fish, 2 oz. butter, $\frac{1}{2}$ lb. cooked macaroni, 4 oz. Parmesan cheese (or 2 oz. ordinary cheese).

Flake the fish. Cut the macaroni into small pieces. Mix the two lightly together, with part of the cheese, pepper and salt. Fill a mould or pie-dish, and cover with a layer of cheese and the butter in little bits. Brown lightly in a moderate oven.

Haddock (*Haddock au Fromage*).—1 good haddock, $\frac{1}{2}$ pint tomato pulp, 1 chopped shallot (or half that quantity of onion), 1 wine-glassful sherry, 2 oz. grated cheese, 2 oz. butter.

Place the tomato pulp, shallot, butter, plenty of pepper, and a little salt in a stew-pan, put the fish into it, and let it simmer gently for three-quarters of an hour. Remove the fish to a hot dish in the oven. Add the sherry to the liquor, boil it up and serve as sauce with grated cheese in a separate dish. The wine may be omitted.

Mackerel, with Green Gooseberry Sauce.—2 mackerel, 1 pint green gooseberries, 1 oz. butter, 1 gill milk (or white stock), 2 oz. sugar, nutmeg.

Place the fish in cold water, and after boiling it until the eyes begin to start, put it on a hot dish, and garnish with fennel.

Boil the gooseberries till they are tender. Drain them and mash them through a sieve. Beat them into the milk, butter, sugar, a pinch of nutmeg, pepper, and salt, and stir the mixture over the fire till it is very hot. Serve in a boat.

Mackerel (*Filets de Maqueraux Sautés*).—2 mackerel, 1 dessert-spoonful chopped parsley, 1 tea-spoonful chopped shallot, 2 oz. butter, 3 yolks of eggs, the juice of 2 small lemons, 1 pinch of chopped tarragon (or 1 salt-spoonful tarragon vinegar), 1 gill milk, flour.

Cut the fillets the whole length of the fish, take off the skin, trim them and lay them in a buttered sauté-pan, with salt, pepper, parsley, and minced shallot. Pour a little hot butter (1 oz.) over them. Set them on the fire, and keep stirring to prevent their sticking to the pan. Turn them very carefully, so that they may be equally cooked on both sides.

For the sauce, melt the rest of the butter in a sauté-pan and stir a small dessert-spoonful of flour smoothly into it. Add the milk, and stir till it boils.

Mullet (*Rougets à la Génoise*).—4 small red mullet, 2 oz. butter, 1

gill milk, 8 mushrooms (fresh or preserved), 1 glass white wine, $\frac{1}{2}$ lemon, 1 tea-spoonful chopped parsley, bread-crumbs, flour.

Cut the mullet into fillets, trim them neatly, and lay them in a buttered china fireproof dish. Season with salt and pepper, sprinkle with lemon-juice, and add the wine and mushroom liquor, if there is any. Place the dish in a moderate oven for ten minutes.

Melt $\frac{1}{2}$ oz. butter in a sauté-pan and make a roux with a tea-spoonful of flour. Add the milk, and stir until it boils. Pour the liquor from the fish, add it to the sauce, and boil. Cut the mushrooms into slices and lay them along the fillets, covering with the sauce and sprinkling with bread-crumbs.

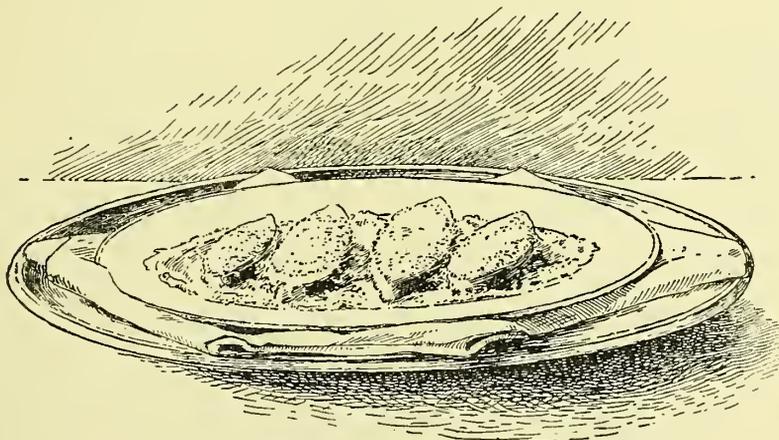


Fig. 255.—Mullet (Rougets à la Génoise).

Place the remainder of the butter in small pieces over the fish, and bake for another ten minutes. Serve in the same dish placed upon another one covered with a folded napkin (fig. 255).

Mullet (*Rougets aux Fines Herbes*).—2 red mullet, 1 oz. butter, 1 table-spoonful Harvey's sauce, 1 table-spoonful anchovy essence, 1 glass white wine, 1 tea-spoonful chopped parsley, 1 table-spoonful chopped mushrooms, 1 tea-spoonful chopped shallots, 1 table-spoonful lemon-juice, 1 lump of sugar, 1 grate of nutmeg.

Put the mullet into a stew-pan with the butter, sauce, essence, and wine, and stew it over a slack fire till it is tender. Place it on a hot dish in the oven.

Add to the liquor in which the fish was cooked the parsley, mushrooms, shallots, lemon-juice, sugar, and nutmeg. Stir the sauce over the fire for ten minutes. Pour it over the fish, and serve very hot.

Oysters (*Cornettes aux Huîtres*).—1 dozen oysters, white of 1 egg, 1 oz. butter, $\frac{1}{2}$ oz. flour, 2 table-spoonfuls cream, $\frac{1}{2}$ tea-spoonful lemon-juice, 1 gill cold water, cayenne, salt, $\frac{1}{2}$ lb. puff pastry (or any good trimmings of pastry).

Roll out the pastry thinly, cut it into strips $1\frac{1}{2}$ inch in width, roll each

round some greased cornet moulds, commencing at the point and making the edge of each layer touch the previous one. Touch the edges with white of egg so that they may adhere. Finish off neatly at the top, brush over with beaten egg and bake in a quick oven for about ten minutes. When they are done, carefully remove the moulds and fill the cornets with a mixture made thus:—

Beard the oysters, put beards and liquor in a sauce-pan with the water, stew gently for ten minutes, and then strain. Melt the butter in the same sauce-pan, stir in the flour, pour in the oyster liquor and let the mixture boil for two or three minutes. Stir it until it leaves the side of the sauce-pan clean. Add the oysters (each cut into four pieces), the lemon-juice, cream, a very little salt and cayenne, and heat through, but do not allow the mixture to boil. When it is cool, fill the cornets.

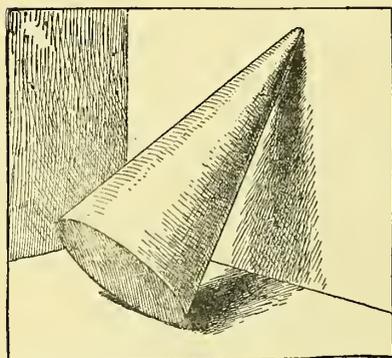


Fig. 256.—Cornet Mould.

Cornet moulds, small conical pieces of wood (fig. 256), can be purchased at the ironmonger's for a trifling sum. They may be used for pastry intended to be filled with many different things which are served cold—for instance, whipped cream, custard, lobster, chicken or game mixture.

Salmon Cutlets à la Juive.—2 lbs. of salmon, oil, savoury batter, flour.

Cut the salmon into small cutlets, roll them in flour and dip them in batter. Fry them in plenty of absolutely boiling oil till they are a good golden brown on both sides, and quite frothy in appearance. They do not require any sauce, and should be served cold.

Salmon: Sauce Gorgona.—1 salmon, 6 gorgona anchovies, 1 shallot, 2 French gherkins, 1 yolk of egg, 1 table-spoonful salad oil, 1 tea-spoonful chopped parsley (or fennel), 1 dessert-spoonful tarragon vinegar, 2 tomatoes.

Boil the salmon, and serve with the following sauce:—

Wash and bone the anchovies, and pound them smoothly with the shallot, gherkins, and a pinch of coralline pepper. Mix well with the yolk of egg, salad oil, parsley (or fennel), tarragon vinegar, and the pulp of the tomatoes. Keep the sauce in a cool place till it is wanted.

Salmon (*Saumon aux Petits Pois*).—2 lbs. salmon, 1 small spring onion, 2 sprays of parsley, 2 sprigs of mint, 1 bay leaf, 1 pint young green peas, 1 cupful of white wine, the juice of 1 lemon, 1 dessert-spoonful moist sugar, 1 table-spoonful vinegar, 1 small cucumber.

Cut the salmon into three thick steaks, divide each steak into four pieces, lay them in an enamelled sauce-pan, with the onion, parsley, mint, bay leaf, and green peas, and place over them the cucumber cut into thin



FISH

1, Coi; 2, Grau Mullet; 3, Salmon; 4, Scallop; 5, Halibut; 6, Crayfish; 7, Turbot; 8, Herring; 9, Smelt; 10, Mackerel

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slices. Season with a little cayenne and salt, and add a short $\frac{1}{2}$ pint of water, the wine, lemon-juice, vinegar, and sugar. Stew gently for three-quarters of an hour. Remove the onion, herbs, and bay leaf. Dress the fish on a dish, garnish with the peas and cucumber, and pour the sauce over. Serve very hot with new potatoes (fig. 257).

Salmon (*Saumon en Mayonnaise*).—1 salmon, 1 cucumber, 2 cos lettuces, lobster coral, mayonnaise.

Boil the salmon, and when it is cold, dress it on a dish; decorate it along its length with some slices of cucumber and some lobster coral. Break the heart of the lettuce into pieces, add the remainder of the slices of

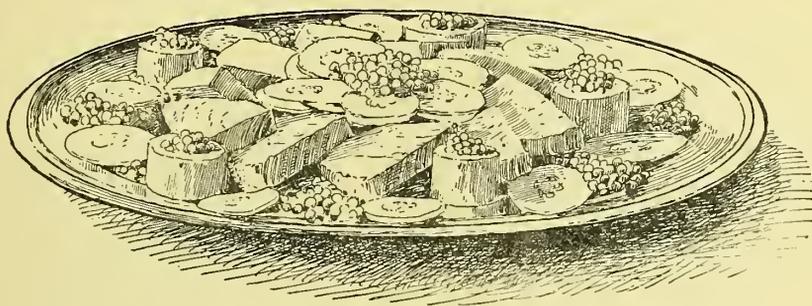


Fig. 257.—Saumon aux Petits Pois.

cucumber, and pour in a thick mayonnaise sauce. Dress the salad round the salmon.

Sole (*Filets de Sole en Aspic*).—2 large soles, $\frac{1}{2}$ pint cooked green peas, 1 pint aspic.

Cut 8 fillets from each sole, roll and tie them tightly, and boil in salted water till they are cooked. Make 1 pint of aspic, using the stock in which the fish was boiled instead of water. Coat plain dariole moulds with the aspic when it is nearly cold and will only just run. Remove the cotton from the rolls when they are cold and place one roll in the centre of each mould. Fill the moulds with aspic, drop a few peas in each, and let them set for at least twelve hours. Turn them out by dipping each mould for a moment in hot water (fig. 258).

Sole (*Sole à la Blanchaille*).—1 large sole, frying fat, lemon, cayenne, brown bread.

Skin and fillet the sole, and cut it into strips about the size of white-bait. Dry them in a clean cloth, sprinkle them lightly with flour, shake them well, and put them, a few at a time, into a frying-basket. Boil some fat in a sauté-pan, and place the basket in it. When the fish are fried a pale-golden colour, which will be in a few seconds, shake the basket and put its contents on kitchen paper to drain, close to the fire. Sprinkle with salt and a little cayenne. Be very careful to fry a few only of the fillets at a time in order to make them crisp. Keep them very hot,

and garnish with fried parsley. Serve with slices of thin brown bread and butter, lemon and cayenne.

Sole (*Petites Bouchées de Sole*).—1 pair of soles, $\frac{1}{2}$ pint shrimps, $\frac{1}{2}$ pint rich brown sauce, lemon-juice, 1 oz. butter, flour, potatoes.

Cut some raw potatoes into cork-like shapes. Fillet the soles; roll them round the potato and tie them with cotton. Put the sauce in a clean stew-pan, place in it the roulades of fish and stew them gently till they are tender. Stand them in a "round" on a hot dish, take off the cotton, and remove the potatoes very gently. Warm the shrimps thoroughly in the butter and

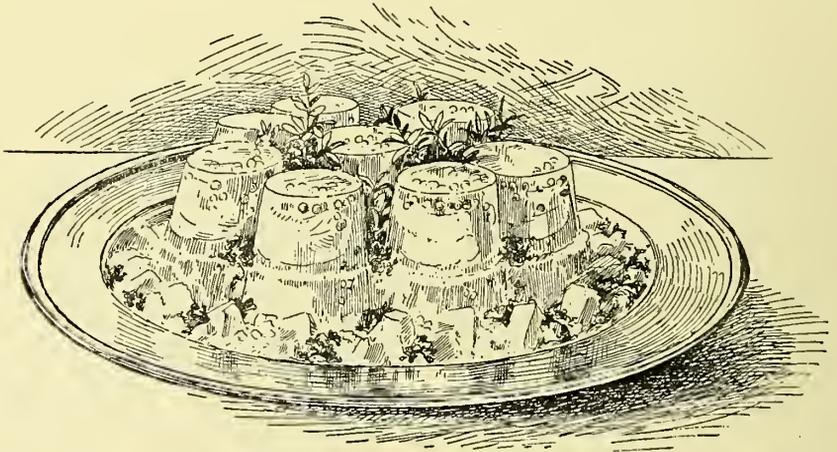


Fig. 258.—Filets de Sole en Aspic.

a tea-spoonful of flour, and fill the roulades. Squeeze a little lemon-juice into the gravy, and, should it be too thin, add a little dark-brown roux. Pour it round the soles and serve very hot. Or the roulades, instead of being stewed, can be covered with egg and bread-crumbs, and fried in boiling fat and treated in the same way.

Sole Colbert.—1 pair of soles, 1 egg, bread-crumbs, frying fat, 2 oz. butter, 1 lemon, 3 table-spoonfuls finely-chopped parsley, pepper, salt, flour.

Wash the soles, wipe them very dry, and dust them over with flour. Beat up the egg on a plate. Cover the soles with it, and roll them well in the bread-crumbs. Heat the fat in a deep frying-pan, and when it boils fry the soles a golden brown in it. Sprinkle them with fine salt, and drain them on paper before the fire.

Work the butter with a spoon in a basin till it is soft, and mix it with the parsley (which should be squeezed quite dry in a cloth), plenty of pepper, salt, and a tea-spoonful of lemon-juice. Make an incision down the back of each sole, lift up the flesh on each side with the handle of a spoon, and insert the mixture. Fold over the flesh, and squeeze a little more lemon-juice over. Garnish the dish with cut lemon and sprigs of parsley.

Sole (*Soles Moulées*).—1 pair of soles, 1 cocoa-nut, $\frac{1}{2}$ pint milk, $1\frac{1}{2}$ gill cream, green ginger (or chillies), flour, batter.

Fillet the soles and fry them in batter. When they are a nice golden colour, arrange them neatly on a dish, and pour over them the following sauce, which should have been previously prepared:—

Free the cocoa-nut from its brown skin, scrape it on a grater, pour a large cupful of boiling water over it, and let it stand all night. Next morning strain the water off, and mix the cocoa-nut with a table-spoonful of flour to the consistency of thick cream. Pour the milk into a sauce-pan, and just as it comes to the boil add the cocoa-nut and flour mixture, and stir till it thickens. Add the cream, stir again, and pour this over the soles. Garnish with red chillies.

Sprats in Batter.—2 dozen fine sprats, 1 lemon, 1 egg, $\frac{1}{4}$ pint milk, frying fat.

Make a batter, and let it stand for some time. Split the sprats down the back, without dividing them. Take the head of each between the thumb and finger and remove the bones and inside. Fold into shape. Have a pan filled with boiling fat. Dip the fish into the batter and fry them, a few at a time, in the fat till they are very crisp. Serve very hot with cut lemon, cayenne, and brown bread and butter.

ENTRÉES.

It will greatly simplify the making of quenelles, kromeskies, croquettes, fritadelles, and crépinettes, to remember that their composition is fundamentally the same. The difference consists in the manner in which they are finished. Recipes may be given in abundance, but if a few simple rules are observed, the amateur can very well adapt them to her special purpose. Notwithstanding the general idea to the contrary, these dishes can be made almost as well with cooked meats as with raw. In the former case, however, they must be moistened with strong meat juice or gravy of the same class. The required consistency is often a stumbling-block, but there need be no difficulty if panada, properly made, is used in the right proportion, as it supplies the exact amount of moisture wanted. The right proportion is one-fourth of panada to three-fourths of meat. White meats generally require a second flavouring meat, such as tongue, ham, or bacon, the proportion being one-fourth of the latter to three-fourths of the former. The number of eggs must vary with the required richness. Sweet herbs, parsley, lemon-peel, mace, nutmeg, oysters, and mushrooms are the usual flavourings for white meats, while onions, mushrooms, herbs, parsley, spice, and curry powder are more often used to flavour brown meats. It is of the utmost importance to remove all skin and gristle from the meat, and to pound and amalgamate all the ingredients thoroughly. After the farce has been prepared it should be shaped on a floured board into small balls, flat cakes, cutlets, or corks. They can then be finished in any of the following ways:—

CRÉPINETTES.—Lay the farce on small squares of the thin tissue fat of pork, veal, or lamb, and fold them in it. They may then be either baked in a moderate oven till they are sufficiently cooked, or rolled in egg and bread-crumbs and fried in boiling fat.

KROMESKIES.—Dip the shapes into a well-made batter and fry them in boiling fat.

QUENELLES.—Shape the quenelles with two spoons dipped in boiling water. Butter a sauté-pan and lay them in it, keeping them well apart. Cover with a well-greased paper. Fill the pan with boiling salted water, and poach for ten or fifteen minutes over a slow fire. Afterwards the quenelles are sometimes covered with egg and bread-crumbs and fried in the usual manner.

RISSOLES.—Dip the shapes into an egg, cover them thoroughly with fine sifted bread-crumbs, and fry them in boiling fat.

Beignets de Veau aux Champignons (*Veal Fritters with Mushrooms*).— $\frac{3}{4}$ lb. mushrooms, 1 oz. butter, the juice of $\frac{1}{2}$ lemon, $\frac{1}{2}$ French roll, a little strong clear stock (or milk), 1 gill cream, 1 lb. galantine of chicken (or veal), 1 egg, 1 table-spoonful oil.

Cut the galantine into slices, but not too thin or they will break. Have ready a light frying batter, dip each slice into it, plunge the slices into boiling fat, and fry them a light golden colour. Take them out quickly and drain. Place a tea-spoonful of mushroom purée on each, and dress them down a silver dish. Do not fry too many at a time, or they will lose the crispness which is their chief charm.

To make the purée, clean the mushrooms and mince them finely. Place the butter in a clean enamelled iron sauce-pan, and as soon as it boils add the mushrooms with the lemon-juice, a good dust of white pepper, and salt to taste. Stir briskly over a slow fire for five or six minutes. Add the crumb of the French roll, previously soaked in the strong clear stock (or milk). Stir again for two or three minutes and add the cream. Make the mixture very hot, stirring all the time in order to avoid burning. Pass it through a hair sieve into a clean sauce-pan, re-warm, and use as already directed.

Bouchées d'Homard à la Reine (*Lobster Patties*).—1 lb. rich puff pastry, 1 lobster, 2 yolks of eggs, $\frac{1}{4}$ pint milk, $\frac{1}{4}$ pint cream, 1 oz. butter, 1 table-spoonful potato flour.

Roll the pastry about $\frac{3}{4}$ inch thick, and stamp out some rounds with a cutter dipped in hot water. With a rather smaller cutter stamp these rounds nearly to the bottom of the pastry. Bake them a light brown in a quick oven. After removing the stamped centres, scrape out the soft pastry and fill the moulds with a mixture made thus:—Melt the butter in a sauté-pan, and stir in the flour till smooth. Add the milk, and stir till it boils. Take the pan off the fire, beat the yolks and stir them in. Re-warm, adding the cream, a little cayenne pepper, and salt, and stir till the contents of the pan are hot but not boiling. Flake the lobster into small pieces and stir it in the mixture. Add some of the coral, and fill the cases. Cover with the stamped-out centres of pastry (fig. 259).

Chaufroid de Poulet (*Chaufroid of Chicken*).—Remains of cold fowl, 2 table-spoonfuls cream, 2 table-spoonfuls white sauce, macedoine of vegetables, $\frac{1}{2}$ pint aspic, water-cress, tomatoes.

Cut the fowl into very neat pieces. Boil the cream, white sauce, and aspic jelly (see "Cookery Adjuncts") till the liquid is sufficiently reduced. Wring it through a tammy, and when it cools a little, coat the joints thickly with it, using a knife dipped into hot water. When it is quite cool and set, coat the joints with a thin glaze of aspic which is just liquid. Dish the joints in a pile, on a border of rice or aspic. Slice some tomatoes; sprinkle them, and also the macedoine of vegetables and the water-cress,

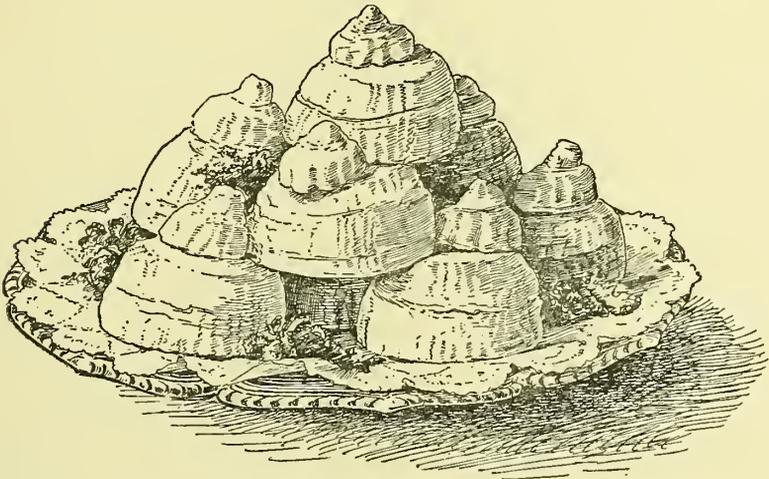


Fig. 259.—Bouchettes d'Homard à la Reine.

with oil and vinegar. Pile the macedoine in the centre and garnish with water-cress, sliced tomatoes, and, if desired, a few olives (fig. 260).

Chicken Cutlets.— $\frac{1}{2}$ lb. cold chicken, $\frac{1}{4}$ lb. ham (or tongue), 1 dessert-spoonful chopped parsley, 1 tea-spoonful chopped shallot, 2 eggs, bread-crumbs, 2 oz. panada, frying fat.

Pound the chicken and ham (or tongue) very smooth in a mortar, add the panada, parsley, shallot, 1 egg, pepper, and salt, and pound all together. Leave the mixture till it is quite cold, and then shape it into very small cutlets. Beat the remaining egg, dip the cutlets in it, and cover them well with the bread-crumbs. Fry them a pretty golden brown in plenty of boiling fat. When they are cold, dress them on a doyley, with plenty of parsley sprigs as a garnish.

Crépinettes de Foie de Porc (*Crépinettes of Pork Liver*).— $\frac{3}{4}$ lb. pork liver, $\frac{1}{2}$ lb. fat pork, pig's caul, 1 clove of garlic, 1 egg, 1 dessert-spoonful chopped parsley, sauce.

Cut the meats into fine strips about $1\frac{1}{2}$ inch long, and put them on a plate. Chop the garlic very fine, and mix it, with the parsley, salt, pepper, a grate of nutmeg, and a little spice, into the meat. Plunge the caul

into boiling water for a few minutes, spread it on a board, and cut into convenient squares. Place a large table-spoonful of meat on each. Wet the edges with white of egg, fold them over and shape neatly into squares. Place the *crépinettes*, with the folded sides downwards, on a baking-tin, and bake them in a fairly hot oven for half an hour. Garnish with fried parsley. Serve with tomato sauce, or any other mildly-flavoured white or brown sauce.

Crépinettes de Gibier: Sauce Tomate (*Crépinettes of Game*).—4 oz.

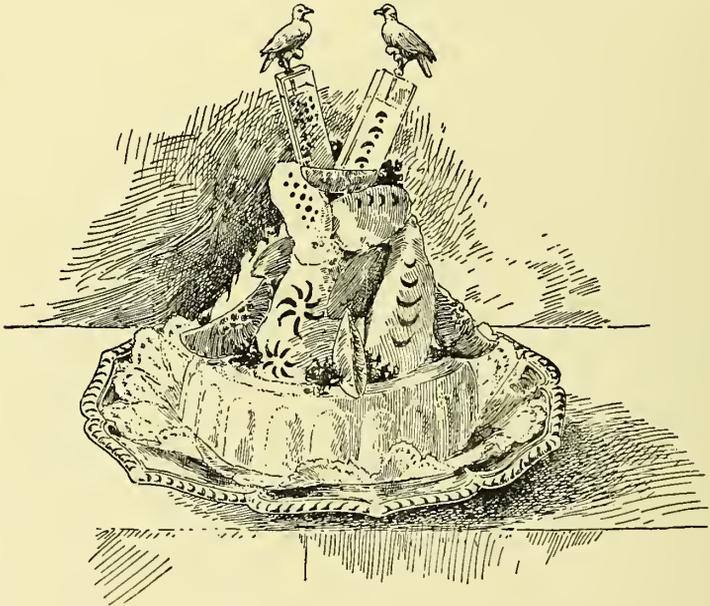


Fig. 260.—Chaufroid de Poulet.

cooked game, 1 oz. cooked ham or tongue, 2 mushrooms (or truffles), 2 eggs, 1 oz. butter, 1 dessert-spoonful flour, 1 gill milk, 1 tea-spoonful strong gravy, pig's caul (or veal udder), $\frac{1}{2}$ pint tomato sauce, frying fat.

Free the meat from skin and gristle, chop it very finely and also the mushrooms, and put them into a sauce-pan. Add the butter and flour worked into a smooth ball, the milk, gravy, and a seasoning of salt, pepper, and a pinch of grated nutmeg. Cook for ten minutes, stirring the whole time, add the beaten yolk of 1 egg, and spread the mixture on a dish to cool. Shape it into 6 or 8 flat ovals, and wrap each in a piece of the caul. Dip them into beaten egg and cover with sifted bread-crumbs. When they are set, egg-and-breadcrumb them a second time, and fry them a golden brown in boiling fat. Drain them on kitchen paper, and dress in a pile on a hot dish. Garnish with fried parsley, and pour the tomato sauce round just before serving.

Dry Curry with Sambol.— $\frac{1}{2}$ lb. of lean leg of mutton (or rump steak), 2 oz. butter, 1 table-spoonful fine bread-crumbs, 1 lb. lean bacon (or ham),

$\frac{1}{4}$ lb. rice, 1 onion, 1 chilli, 3 hard-boiled eggs, 1 table-spoonful curry powder, $\frac{1}{4}$ pint cocoa-nut milk. And for the sambol:—1 table-spoonful grated cocoa-nut, 3 drops lemon-juice, 1 chilli chopped fine (or a little cayenne).

Cut the meat and bacon (or ham) into very small pieces. Chop the onion, chilli, and eggs separately. Melt the butter in a stew-pan and cook the onion in it. Add the meat, bacon (or ham), chilli, curry powder, and cocoa-nut milk. Stir them well together, and cook them till they are dry. Add the eggs and the bread-crumbs, and serve, with the rice on a separate dish.

Mix well together the ingredients composing the sambol, and serve in a small glass dish.

Fritadelles de Faisan (*Pheasant Fritters*).— $\frac{1}{2}$ lb. pheasant, 1 tea-spoonful parsley, $\frac{1}{2}$ salt-spoonful lemon-thyme, $\frac{1}{2}$ salt-spoonful lemon-peel, 1 oz. butter, $\frac{1}{2}$ lb. bread-crumbs, 2 poultry livers, 2 eggs, 1 gill milk, (2 mushrooms if possible), nutmeg, frying fat.

Mince very fine the cold pheasant, liver, parsley, thyme, lemon-peel; mix them together with the finely-grated bread-crumbs, and season with salt, pepper, and a grate of nutmeg. Make a batter as for kromeskies (see "Cookery Adjuncts"). Melt the butter in an omelette-pan, pour in part of the batter, about $\frac{1}{8}$ inch thick, and sauté a pale golden-brown colour. Place the pancake on a dish and spread it with the farce. Make a second pancake, cover the farce with it, and cut the whole into pretty shapes. Grate and sift some bread-crumbs. Beat 1 egg in a saucer; dip the shapes into it, cover them with crumbs, and fry them a pale golden-brown in plenty of boiling fat.

Kabobs Écossais.—4 sheep's kidneys, 2 large sweet-breads, 24 button mushrooms, 3 oz. butter, 3 oz. thick sour cream, 1 table-spoonful Liebig, 1 table-spoonful chopped parsley.

Skin and core the kidneys, and split each in two pieces. Blanch and cut each sweet-bread into 4 thick slices of the same size as the kidneys. Prepare the mushrooms, being careful not to break them. Place kidneys and mushrooms alternately on silver skewers, and fasten the skewers on a spit before a clear fire. Warm the butter, cream, Liebig, and parsley together, season with salt, cayenne, and pepper, let the mixture boil for one minute, and then baste the kabobs with it till they are browned. Have ready eight slices of freshly-made dry toast, and lay the kabobs with their skewers on them. Remove all grease from the sauce, and pour over just before serving.

Lobster Ramakins.—Cold lobster, cream, anchovy sauce.

Pound some cold lobster with sufficient cream to make it into a smooth paste. Add to it a little anchovy sauce and a pinch of cayenne, pass it through a sieve, and beat it up with a little more cream (clotted if possible). Fill some little paper cases with the mixture. Sprinkle over them a little coral, or, if tinned lobster has been used, a little chopped hard-boiled egg. Serve on a clean folded serviette.

Mousse de Foie-Gras (*Mould of Pâté de Foie-Gras*).—1 terrine of

foie-gras, 1 jar potted ham, 2 oz. cold white meat (or poultry), lemon-juice, $1\frac{1}{2}$ gill strong white stock, 3 eggs, 1 oz. butter, 1 tin macedoine (or green peas), 1 table-spoonful cream.

Pound the meat to a paste with part of the butter. Add the foie-gras (freed from its fat) and the potted ham, and pound vigorously for two or three minutes. Sprinkle in a little cayenne pepper and a squeeze of lemon-juice; add the stock, and then, one by one, the well-beaten yolks of the eggs, and finally the whites, whisked to a stiff froth. Fill small buttered moulds with the mixture and steam for half an hour. Turn the contents out very carefully and place in a larder till cold. Serve garnished with a macedoine of vegetables drained and tossed in a little cream, or with cold green peas also mixed with a table-spoonful of cream. The mousse can be iced if desired.

Petites Caisses aux Truffles (*Little Truffles Soufflés*).—6 oz. uncooked chicken (or rabbit), 2 eggs, 2 yolks, 1 truffle, 1 gill cream, 2 mushrooms (tinned will do), $\frac{1}{2}$ oz. butter.

Pound the meat, which should be the white part of the chicken or rabbit, till it is very smooth. Add gradually the four yolks and the cream, season with salt and pepper and a pinch of powdered mace, and rub through a fine sieve. Chop the mushrooms and truffles, and add them to the mixture. Whisk the white of the eggs to a stiff froth and stir it in gently. Fill some china or paper cases three parts full. Place them on a baking-sheet, and bake in a rather hot oven for about twenty minutes. Arrange the cases on a dish with a folded napkin. Serve at once.

Petites Caisses Froides (*Chicken in Little Cases*).—3 oz. cold fowl, 3 oz. ham (or tongue), 1 gill cream, (3 mushrooms if possible), 1 gill strong stock, $\frac{1}{2}$ oz. butter, aspic, flour.

Cut the meat of the fowl and the ham or tongue into pieces the size of a shilling. Chop the mushrooms and add the stock, cream, butter, 1 tea-spoonful of flour, a little cayenne, and some pepper. Put the mixture into a stew-pan and stir it over the fire till it is thoroughly amalgamated and hot, but not boiling. When it is cold, pile it into paper cases, garnish with some chopped aspic (see "Cookery Adjuncts") and a little coralline pepper.

Pigeon Farci (*Stuffed Pigeons*).—3 pigeons, 2 eggs, $1\frac{1}{2}$ lb. panada, $\frac{1}{2}$ pint rich brown gravy, $\frac{1}{2}$ lb. lean veal, 2 oz. butter, frying fat.

Split the pigeons, and after removing the breast-bones, flatten each half with a cutlet-bat. Broil them for ten minutes in a sauté-pan with the butter, season them with salt and pepper, and place them under a weighted board. Pound the veal, add the panada, a tea-spoonful of the butter in which the pigeons were fried, and one egg, and pound again, mixing smoothly. Season with salt and pepper and a pinch of nutmeg, and then rub the mixture through a sieve. Spread the outsides of the pigeons with part of the farce, and form the remainder into little balls of the size of marbles. Shape the pigeons neatly, and as nearly as possible like cutlets, egg-and-breadcrumb them, and fry them in plenty of boiling fat a pale golden-brown. Egg-and-breadcrumb and fry the balls. Dress the cutlets

round any nice vegetable, pile the balls on the top and pour the gravy round the base (fig. 261).

Poulet aux Petits Pois (*Stewed Chicken, with Green Peas*).—Cold chicken, 1 pint green peas, 1 oz. butter, 3 small green onions, 1 bunch of parsley, $\frac{3}{4}$ pint strong stock and gravy mixed, flour.

Cut the chicken into small pieces, put them into a stew-pan with the peas, onions, butter, and parsley, and fry for seven minutes. Sprinkle in a small tea-spoonful of flour. Add the stock and gravy, and let the mixture simmer for one hour. Dress *en couronne* with peas in the centre, pour the gravy round, and serve.

Quenelles Blanches (*Quenelles of White Meat*).— $\frac{1}{2}$ lb. cold rabbit (or

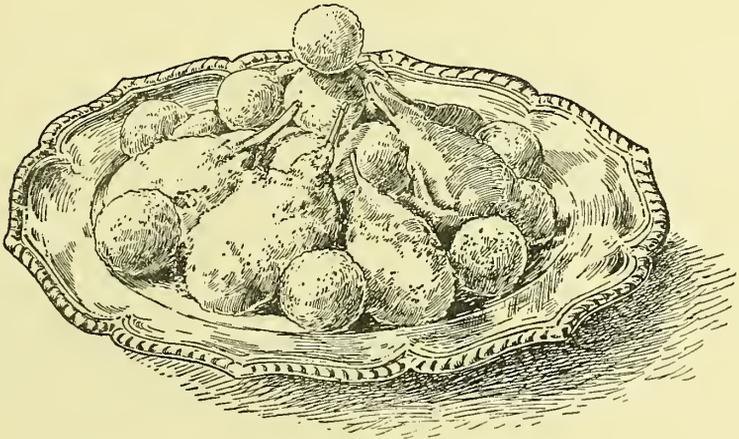


Fig. 261.—Pigeon Farci.

any other white meat), 2 oz. fat bacon, 2 oz. panada, peel of $\frac{1}{4}$ lemon, 1 table-spoonful parsley, $\frac{1}{2}$ pint rich gravy (or milk), $\frac{3}{4}$ oz. butter, 2 onions, vegetables.

Chop and pound the meats together thoroughly. Season with the parsley, chopped lemon-peel, salt, and pepper. Add the panada, work the mixture to a paste, form into egg-shaped balls, and finish as directed for quenelles. Dress them over a mould of cooked vegetables, and pour over them the gravy or an onion sauce made with the butter, onions, and milk. The same mixture will make excellent kromesxies.

Quenelles de Veau (*Quenelles of Veal*).— $\frac{1}{4}$ lb. lean veal, 3 gills milk, 6 oz. bread-crumbs, 3 eggs, 2 yolks, 3 oz. lean bacon, $\frac{1}{2}$ lemon, 4 oz. butter, 4 oz. rice, 3 ripe tomatoes, 1 pint rich stock parsley, fried croûtons, flour.

Chop the veal freed from skin and sinews. Soak the bread in 2 gills of milk. Pound the veal in a mortar, and add gradually the yolks and two of the eggs. Mix in 1 dessert-spoonful of flour, 1 table-spoonful of milk, and 1 oz. of butter, and the soaked bread; season with salt, pepper, and a grate of nutmeg, and rub through a wire sieve. Mould the farce of veal into the shape of eggs, by means of 2 spoons dipped into hot water.

Put them carefully into a buttered sauce-pan, and add boiling water. Draw the pan to the side of the fire and poach these quenelles gently from fifteen to twenty minutes. When they are cold, egg-and-breadcrumb them and fry a pale golden colour in boiling fat. Wash the rice in several waters, and put it into a sauce-pan, and cover it with cold salted water. Heat it, and when it comes to the boil, drain and throw it into cold water. Melt 2 oz. butter in a stew-pan. Cut the bacon into dice, fry them lightly in the butter, and drain. Add the rice, and stir over a brisk fire for some minutes without allowing it to colour. Add sufficient stock to cover the rice well, and cook gently till the latter is tender, shaking the pan occasionally, and if neces-

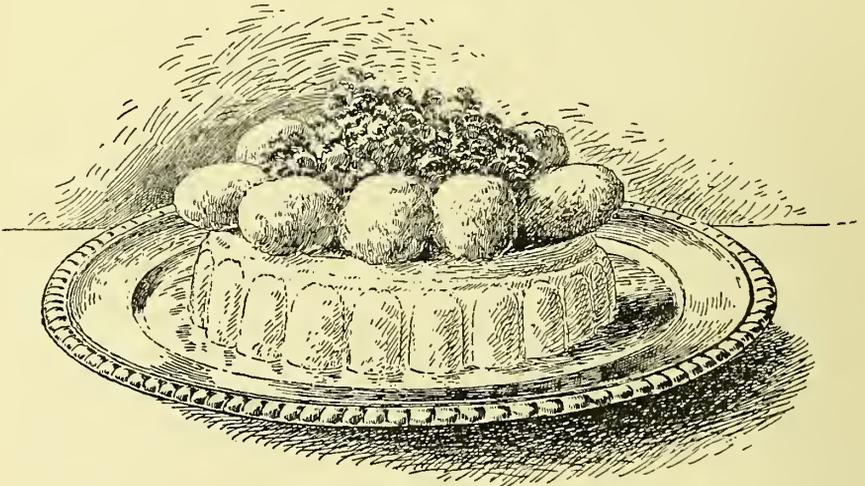


Fig. 262.—Quenelles de Veau.

sary stirring carefully with a fork. Slice the tomatoes into a saucc-pan, toss them in the remainder of the butter over a quick fire for ten minutes, and then pulp them through a sieve. Add half of this sauce to the rice, and let it evaporate till it is firm enough to mould. Press the rice into a buttered mould, turn it out quickly on a hot dish. Dress the quenelles in a circle on the rice, and pour the sauce round the base. Serve with fried parsley and croûtons as a garnish (fig. 262).

Rissolettes, with Italian Paste.—1 lb. beef, $\frac{1}{2}$ lb. fat bacon, 1 table-spoonful parsley, 3 yolks and 2 whites of eggs, 2 table-spoonfuls Parmesan cheese, 1 salt-spoonful chopped onion, peel of $\frac{1}{4}$ lemon, 2 oz. butter, 11 oz. flour (7 oz. baked), 1 gill stock (or milk), $\frac{1}{2}$ pint good gravy.

Rub the butter into the baked 7 oz. of flour. Beat the yolk of one egg into one wine-glass of water, mix with the flour, knead into a smooth paste, and roll it out $\frac{1}{8}$ inch in thickness. Roll it over and over like a roly-poly pudding, cut it into thin slices, and leave it for a few hours in a cool place. Chop the beef and bacon very finely and pound them together; add the parsley, onion, and chopped lemon-peel, and season with salt and pepper. Make a panada with the remaining flour and the stock (or milk), add it

with 1 egg to the chopped meat, and, after beating well, proceed as directed for rissoles. Dry the strips of paste in a quick oven for five minutes, and place them, with the gravy, in a stew-pan. Add the cheese, salt, and a little mustard. Let the mixture just boil up and then simmer for half an hour. Drain the paste. Dress it round a hot dish, pile the rissolettes in the centre, and pour the gravy over.

Vinaigrette of Chicken (*Chicken Salad*).—A cold chicken, cold boiled new potatoes, 4 oz. cold boiled tongue, 1 small beetroot, 3 hard-boiled eggs, 1 tea-spoonful chopped parsley, 1 tea-spoonful chopped shallot, 3 table-spoonfuls salad oil, 2 table-spoonfuls plain (or flavoured) vinegar.

Cut the chicken into small neat pieces, removing all skin, bone, and gristle. Cut the potatoes into quarters and the tongue into strippets. Place these three ingredients in a salad-bowl or deep dish, and toss them with the oil, vinegar, salt, pepper, parsley, and shallot. Mix thoroughly, decorate with the eggs and beetroot, and cut into thin slices.

Vinaigrette of Cold Beef (*Cold Beef Salad*).— $\frac{1}{2}$ lb. beef, 1 lb. new potatoes, 1 pint cooked haricot beans, 1 table-spoonful chopped parsley, 1 salt-spoonful chopped onion, oil, vinegar, flavoured or plain. If the vinegar is unflavoured, add a few chopped herbs, such as tarragon, chives, or chervil.

Cut the beef into neat dice. Boil the potatoes, and slice them. Add the parsley, onion, and haricot beans, and mix them thoroughly. Season with salt, pepper, and, if required, a salt-spoonful of the herbs. Pour over the mixture 2 table-spoonfuls of vinegar and 4 of oil, and mix all well together. Pile on a dish, and garnish with parsley, mustard, and cress.

Vol-au-Vent.—1 lb. rich puff pastry, 1 lb. cold chicken, 2 cooked calf's (or ox's) sweet-breads, 1 tea-spoonful parsley, 1 oz. butter, 1 oz. potato flour, 2 yolks of eggs, 1 gill cream, (a few cooked mushrooms or oysters if possible), $\frac{1}{2}$ pint milk.

Do not roll out the pastry for the last time till an hour before the vol-au-vent is needed for the table; then roll it carefully to the thickness of 2 inches. Make it round in shape, and with the aid of a large plain cutter, or saucer, mark out another round inside the first one, taking care that the cutter does not go deeper than a third of the thickness. Decorate the top, brush it over with yolk of egg and water, lay it on a greased baking sheet, and place it in the oven. At the end of forty minutes it will have risen to at least twice its original size. After taking it out of the oven, slip a knife round the incision, carefully separate the circular top, and, with a silver fork, remove the soft paste left in the middle of the mould. Fill with the following mixture, cover with the circular top, and serve while thoroughly hot.

For the filling cut the white part of the chicken and the sweet-breads into dice. Season with the parsley, salt, pepper (and mushrooms or oysters if they are used). Melt the butter in a stew-pan and stir the flour smoothly in. Add the hot milk and stir it till it thickens. Add the yolks of the eggs well beaten and the cream. Stir till it is very hot without boiling. Mix in the meat, remove from the fire, and stir the mixture till the whole is amalgamated.

MEAT, POULTRY, AND GAME.

Bœuf à la Mode (*Stewed Beef*).—4 lbs. rump of beef without bone, 4 slices fat bacon, juice of 1 lemon, 1 sprig thyme, 1 bay leaf, $\frac{1}{2}$ onion, 1 oz. butter, 1 oz. flour, 1 quart stock, 2 carrots, 10 button onions, 1 bunch of sweet herbs, 1 glass of claret.

Trim and shape the beef, lard it evenly, and place it in a basin with pepper, salt, lemon-juice, bay leaf, thyme, the onion sliced, and the wine. After some hours, take it out, drain, and fry it in a stew-pan with the butter till it is a good brown colour. Slightly brown the button onions. Stir the flour in the butter and heat till it browns, add the marinade (the mixture in which the beef was soaked), stock, and bunch of herbs, let the mixture come to the boil, and skim it well. Slice the carrots. Place the meat in the stew-pan, add to it the carrot and onions, and let it simmer gently for two hours. Dress it on a hot dish. Skim the gravy and pour it over, and arrange the carrot and onions in little heaps round. Serve very hot.

Bœuf Napolitain (*Neapolitan Stewed Steak*).—3 lbs. shin (or thin end of sirloin) of beef, 2 table-spoonfuls vinegar, 1 table-spoonful oil, 2 oz. butter (or dripping), 2 shallots, 1 onion, 1 carrot, 1 blade of celery (or a pinch of celery seed), $\frac{1}{4}$ lb. macaroni, 1 clove of garlic, flour.

Cut away all the superfluous gristle, and after rubbing the meat with the clove of garlic place it in a marinade of vinegar, oil, pepper, and salt, and leave it for at least an hour. At the end of that time take out the meat, wipe it thoroughly dry, and cut it into neat pieces about $2\frac{1}{2}$ inches long and $1\frac{1}{2}$ inch wide. Warm $1\frac{1}{2}$ oz. of clarified dripping or butter in an enamelled iron stew-pan. As soon as it melts add the meat, and fry it for ten or twelve minutes. Add the shallots finely minced, the onion peeled and sliced, the carrot scraped and cut into thin strips, the celery chopped, and salt and pepper to taste. Moisten with $\frac{1}{2}$ pint of water (or weak stock). Place the lid on the stew-pan and let its contents simmer over a slow fire until the meat is thoroughly cooked and all the vegetables are tender. Pile the meat up neatly on a hot dish. Pass all the vegetables through a hair or very fine wire sieve, return them to the sauce-pan, and thicken with 1 dessert-spoonful of flour rubbed into a ball with the rest of the butter. Have ready a soup-plateful of freshly-boiled hot macaroni and garnish the beef with it. Make the sauce very hot, and pour it over and around the beef. Serve immediately.

Filet de Bœuf (*Filletts of Cold Roast Beef*).—1 lb. cooked beef (if possible, undercut of sirloin), 3 large onions, 1 egg, $\frac{1}{2}$ oz. butter, 3 gills milk, mace, flour, bread-crumbs, frying fat.

Cut the beef into neat fillets about $\frac{1}{4}$ inch thick. Slice the onions, parboil them in salted water till they are soft; drain, and chop them very fine. Mix one table-spoonful of flour smoothly into the butter, and stir into a short $\frac{1}{4}$ pint milk. Add the onion, season with salt,

pepper, a little sugar, and a small piece of mace, and stir the mixture till it boils. Let it simmer till it is quite soft, and then pulp it through a sieve. It should be of the consistency of a thick purée. Spread each fillet thickly with it and press them together in couples. Beat the egg, grate and sift some bread-crumbs; dip each pair of fillets into the egg, and cover them well with the bread-crumbs. Fill a stew-pan with fat, and when it boils fry them in it a pale brown. Add one gill of milk to the remainder of the purée, stir, and let it boil once; dress the fillets *en couronne*, and pour the sauce over them. Serve with fried croûtons or fried parsley (fig. 263).

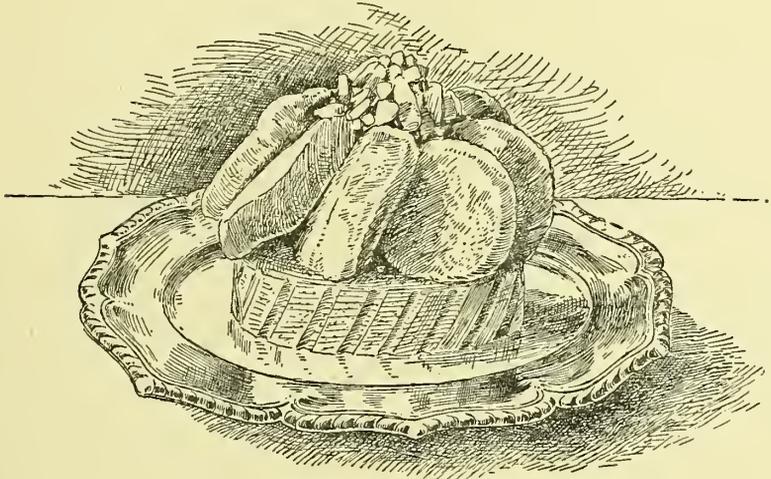


Fig. 263.—Filet de Bœuf.

Minced Beef.—1 lb. beef, 2 onions, 1 carrot, 2 cloves, 1 small bunch sweet herbs, 1 oz. butter, 1 salt-spoonful chopped lemon-peel, 1 table-spoonful Worcester sauce, 1 table-spoonful Harvey sauce, 3 eggs, mashed potatoes, 1 oz. flour.

Cut the beef from the bone, and run it through the mincing-machine, or chop it as finely as possible. Break the bone into small pieces and put them into a stew-pan with the onions (each stuck with a clove), the carrot, and mixed herbs. Add a quart of water and a tea-spoonful of pepper, and let the mixture simmer gently until it is reduced to less than a pint. Thicken it with the flour and butter kneaded together. Put the beef into a stew-pan with the lemon-peel, a dust of nutmeg, the Worcester and Harvey sauces, and a pinch of salt. Add the sauce, and stir over the fire till it boils. Serve with poached eggs, and garnish with a border of mashed potatoes.

Polish Beef.—2 lbs. leg of beef, 2 oz. butter, 1 bunch of sweet herbs, 1 bunch of parsley, $\frac{1}{2}$ lb. suet, 1 egg, 12 peppercorns, $\frac{1}{2}$ blade of mace, bread-crumbs, 1 onion stuck with 12 cloves.

Cut the meat into pieces and fry them in the butter. Chop the suet, parsley, and onion, and make into forcemeat balls with the bread-crumbs,

egg, herbs, salt, and pepper. Fry them a pale-brown. Season the meat with salt and pepper. Let them simmer in a little water in a tightly-covered jar in the oven for six hours and add the force-balls an hour before serving.

Galantine de Veau (*Galantine of Veal*).— $\frac{1}{2}$ breast of veal, 3 hard-boiled eggs, $1\frac{1}{2}$ lb. sausage meat, glaze, 1 oz. each of ham, tongue, and, if possible, mushrooms.

Bone the veal carefully. Cut through the thick part horizontally from the outside in such a manner that the upper piece may be folded towards and over the thin flap, so as to make the whole of a uniform thickness. Flatten it and trim the edges straight. Place a layer of sausage meat over it. Chop the ham, tongue, mushrooms, and eggs into dice, and place them over the sausage meat. Roll the veal tightly, beginning at the thick end; then roll it in a clean, wet pudding-cloth, sew the edges to keep it firm, and tie the ends. Place it in a deep, large stew-pan, half-full of weak stock or water, at the side of the fire, and let it simmer gently for about 40 minutes to the pound. When it is done, press it between two dishes with heavy weights on the top. When it is quite cold, remove the cloth and trim the edges neatly. Brush it over with glaze—which the bones and sinews removed from the veal will help to make—and decorate it prettily.

Agneau (*Leg of Lamb*).—Leg of lamb, $\frac{1}{2}$ peck young green peas, a few slices of bacon (or fat pork), flour.

Wipe the lamb with a damp cloth, dry, and dust it with flour. Place the bacon or fat pork in a stew-pan and fry it until the fat is melted; then take away the remainder and leave the clear grease. Place the joint in a stew-pan and brown it all over. Add enough water nearly to cover it, and let it simmer gently for an hour and a half. Add the peas and cook till they are tender—about half an hour. Remove the joint to a hot dish, place the peas round, and dust a little flour over them. Take away all the fat from the pan, add a little hot stock and scrape away all the brown from the pan into it, and pour it round the meat. Serve very hot.

Roulade d'Agneau (*Rolled Saddle of Lamb*).—Saddle of lamb, 3 eggs, sweet herbs, 1 head of celery, $\frac{1}{2}$ lb. suet, $\frac{3}{4}$ pint stock, $\frac{1}{2}$ lemon, bread-crumbs, $\frac{1}{2}$ lb. bacon, 1 table-spoonful flour.

Bone the lamb. Chop the suet and lemon-peel and make into a forcemeat with bread-crumbs, a few sweet herbs, pepper and salt, and an egg. Stuff the lamb, roll and bind it closely, and cover it with slices of the bacon. Braise very gently, with the celery and some herbs, in half of the stock for three hours. Let it get cold in the liquor. Remove and cover it with egg and bread-crumbs, and brown slightly in the oven. Thicken the remainder of the stock with the flour, squeeze in the lemon-juice, and pour round the meat.

Epigrammes of Breast of Mutton (*Cutlets of Stuffed Mutton*).—Breast of mutton, 4 onions, 1 oz. butter, 1 oz. flour, 1 cooked potato, $\frac{1}{2}$ pint milk, lemon-peel, 1 egg, herbs, bread-crumbs.

Trim all superfluous fat off the meat and boil it till the bones will slip

out. Chop $\frac{1}{2}$ lb. of suet taken from the joint, grate an equal quantity of bread-crumbs, and mix, adding a tea-spoonful of chopped herbs and a strip of chopped lemon-peel. Make this into forcemeat with the beaten egg, salt and pepper, and spread it over the meat. Fold the latter over, put it between two dishes, and press with weights. When it is perfectly cold, cut it into neat pieces. Peel and slice the onions, put them into a stew-pan with the butter, a little nutmeg, pepper and salt, and let them simmer gently till they are nearly dissolved. Cook them thoroughly, but do not allow them to take colour. Add the flour, potato, and milk. Replace the sauce-pan over the fire and stir for twenty minutes. Pulp the sauce through a hair sieve. Put it in the sauce-pan, adding a little milk, if necessary, and stew the cutlets in it for one hour. Dress them down a dish and pour the sauce over.

Gigot à la Soudan (*Leg of Mutton with Forcemeat Balls*).—Small leg of mutton, 1 tea-cupful cream, 1 tea-cupful Chablis, juice of 2 lemons, 12 oysters, 1 egg, 2 oz. suet, 2 oz. bread-crumbs, 1 tea-spoonful chopped herbs, 1 dessert-spoonful chopped parsley, 1 salt-spoonful chopped lemon-peel, flour, frying fat.

Make a forcemeat of the chopped suet, parsley, herbs, lemon-peel, and the yolk of the egg, shape it into little balls and fry them a pale golden-brown in hot fat. Wipe the mutton with a clean cloth, dust it with flour, pepper and salt, and roast it before a clear fire, basting with the cream, Chablis, lemon-juice, and liquor from the oysters. Half an hour before it is done put the forcemeat balls in the dripping-pan. Place the joint on a very hot dish, and dress the oysters and forcemeat balls round it. Strain away all the fat from the gravy, add $\frac{1}{2}$ tea-cupful of boiling water, put it in a clean sauce-pan and stir till it nearly boils. Serve part of it in a sauce-boat.

Gigot à l'Impératrice (*Leg of Mutton with Anchovies*).—Leg of mutton, 3 anchovies, garlic, 1 glass of port.

Rub the wine into the mutton; make small incisions, put a tiny clove of garlic in each, and hang the joint for ten days. Roast it, and, ten minutes before removing it from the spit, pound the anchovies, pour off the fat from the gravy, and baste with the gravy remaining in the pan and the pounded anchovy. Add, if necessary, $\frac{1}{2}$ tea-cupful of stock and pour it round the meat.

Mutton Cutlets à la Royale (*Mutton Cutlets with Onion Sauce*).—3 lbs. of the middle of the neck of mutton, 8 large onions, potatoes, 1 table-spoonful cream, bread-crumbs, butter, dripping.

Divide the mutton into cutlets. Cut off all the little flat bones; place them in a stew-pan with cold water and use as mutton broth with some extra onion and root vegetables. Trim and scrape the end bone till it is quite clean. Save the bits of fat for dripping or kitchen puddings. Dust the cutlets lightly with white pepper, and reserve them on a plate till they are needed. Peel the onions and place them in $\frac{1}{2}$ pint of the mutton broth, let them simmer gently till done, and then pass through a sieve. Mix this

pulp with treble the quantity of hot, freshly-boiled mealy potatoes, add to it a small grate of nutmeg, a dust of white pepper, and a little salt, a piece of butter of the size of a walnut, and the cream, and beat lightly with a fork. In the meantime, fry the cutlets in the usual manner. Melt a little clarified dripping in a saucer in the oven. Dip each cutlet into it (or, if

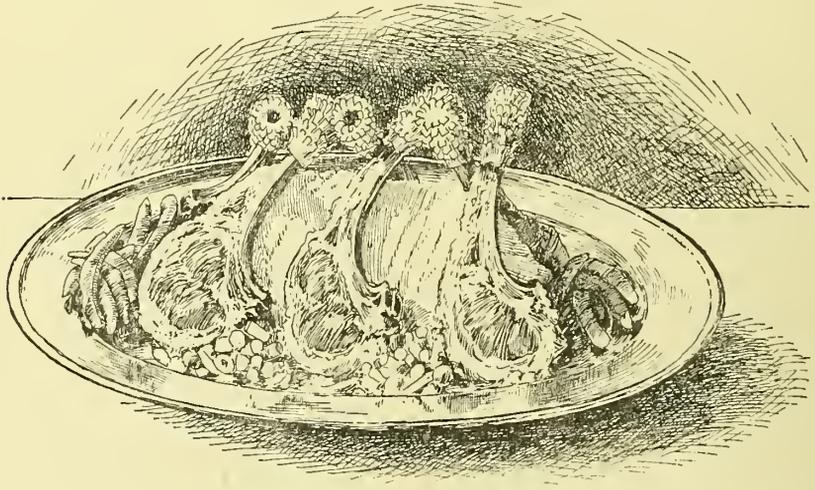


Fig. 264.—Mutton Cutlets à la Royale.

preferred, into egg) and then into fine bread-crumbs, and fry them. Make the potato mixture hot in a small sauce-pan, adding, if necessary, a little more broth, pile it lightly and neatly in an entrée dish, arrange the cutlets around it, and serve immediately (fig. 264).

Mouton à la Duchesse (*Shoulder of Mutton Stuffed and Baked*).—Shoulder of mutton, 2 doz. oysters, 4 oz. bread-crumbs, 2 oz. butter, 1 lemon, 1 bunch parsley, 2 eggs.

Bone the shoulder and fill the cavity with a forcemeat made as follows:—Chop the parsley, mix it with the butter, bread-crumbs, grated rind and juice of the lemon, the oysters, eggs, pepper and salt, and insert. Sew the opening up. Bake the meat on a stand in a tin dish for one hour and a half, basting it well and turning once. Serve with the gravy left in the pan after the fat is poured off.

Carée d'Agneau à la Bohème (*Leg of Lamb in Aspic*).—Leg of lamb, 1 small cupful sliced root vegetables, $\frac{1}{4}$ oz. gelatine, $\frac{1}{2}$ pint tomato sauce, 1 pint shelled peas, 1 truffle, 2 plover eggs (or olives), 1 table-spoonful red-currant jelly, stock.

Remove the thin skin from the fat, shorten the ribs, and saw off any pieces of bone from the thick end of the joint. Pare and trim it nicely, put it in a sauté-pan with the vegetables, a few spoonfuls of stock, pepper and salt, and braise in the oven for one hour or more according to the size of the joint. Remove it to a cool place. Add a little more stock to the vegetables in the sauté-pan, reduce it to half, skim off all the fat, and strain

through a sieve. Add sufficient gelatine to make it set as an aspic. When it is nearly set put a thin glaze over the meat, and make with the remainder 6 aspic timbales, with the addition of the peas. Place a shallow, oval, well-moulded layer of cooked rice on a dish, lay the meat on it, and after mixing the jelly with the tomato sauce, pour it over. Chop the remainder of the aspic and place it in little heaps, alternately with the timbales of peas, round the dish. Decorate two silver attelletes with olives or any other decoration and stick them into each side of the joint at the top of the neck. Serve cold (fig. 265).

Fillets of Pork, with Soubise (or Celery) Sauce.—2 lbs. of the loin of

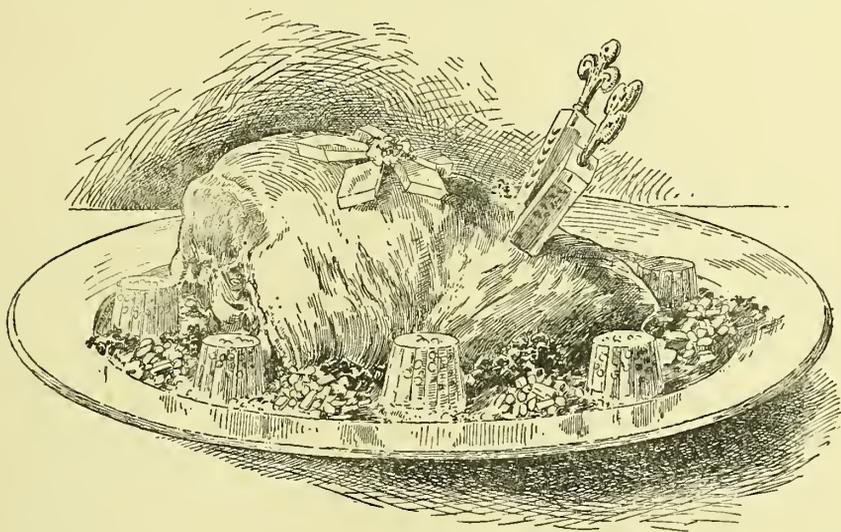


Fig. 265.—Carée d'Agneau à la Bohème.

pork, $\frac{1}{2}$ pint soubise sauce (or three heads of celery), 1 oz. butter, 1 dessert-spoonful flour, 2 table-spoonfuls cream (or 1 yolk of egg), lemon-juice.

Cut the fillets from a loin of pork, and put them in a sauté-pan with the butter, pepper, salt, and some lemon-juice, turning them over till they are sufficiently cooked and of a good colour. Serve on a bed of soubise sauce, or on a purée of celery made as follows:—Boil the celery in salt and water; when it is done, drain it and pulp it through a hair sieve. Melt a piece of butter in a sauté-pan, mix smoothly with it a little flour, and then the celery pulp, and stir the mixture well over the fire. Add pepper and salt and a little cream.

Fillets of Pork à la Beurre Noire (*Fillets of Pork with Parsley Sauce*).—2 lbs. pork, cooked or raw, $\frac{1}{2}$ pint vinegar, 2 shallots, 1 sprig thyme, 1 bay leaf, 1 sprig parsley, 4 cloves, 10 whole peppers, 1 oz. flour, $\frac{1}{2}$ pint stock, 2 oz. butter, bread-crumbs.

Dip the fillets in half the butter melted. Cover them with bread-crumbs, pepper and salt, and grill them at a fierce fire. Serve in a boat or on the dish itself with a sauce made as follows:—Put the vinegar into a

sauce-pan with the shallot finely minced, a sprig of thyme, bay leaf, parsley, cloves, and whole peppers. Let this boil till it is reduced one-half, then add $\frac{1}{2}$ pint of stock. Melt in a sauce-pan a piece of butter, mix a little flour with it, and then add the reduced liquor, strained. Stir the sauce till it boils, adding the parsley finely minced, and salt if required.

Gras-Double au Fromage (*Tripe*).—1 lb. tripe, a clove of garlic, 1 bunch parsley, thyme, 1 bay leaf, 4 large onions, $\frac{1}{4}$ lb. Parmesan cheese, $\frac{1}{2}$ pint good gravy (or tomato sauce).

Wash the tripe thoroughly several times, scrape it with a knife, cut it into strips 2 inches broad, and boil it for six hours with the parsley, thyme, bay leaf, garlic, onions, pepper and salt. Take the tripe out and strain it. Lay it in a fire-proof dish with alternate thick layers of Parmesan cheese, and pour over it some good meat gravy mixed with tomato sauce and plenty of seasoning. Bake in a hot oven and serve.

Tripe Boiled.—1 lb. tripe, 1 quart milk, 4 good onions, $\frac{1}{2}$ oz. butter, flour, 1 lump sugar.

Prepare and clean the tripe well, and boil it gently for at least six hours in 1 pint of milk with a little salt. (This milk can afterwards be used in making a soup.) Boil the onions till they are tender, chop them finely, and stir them, with 1 dessert-spoonful of flour, into a pint of milk till it boils. Add a little salt, the butter, pepper, and a good lump of sugar, let the mixture boil gently for one hour, and beat it very smooth. Take out the tripe when it is sufficiently cooked and drain it well, keeping it very hot. Serve with the onion sauce poured over it.

Bécassines sur Canapés (*Snipe on Toast*).—A brace of snipe, 1 oz. fresh pork, 1 dessert-spoonful chopped parsley, a few savoury herbs, and chives chopped and mixed.

Remove the intestines, chop them finely with the fresh pork, make into a farce with the herbs, parsley, pepper, and salt, and stuff the birds. Roast and serve them on croûtons of bread. Garnish with water-cress and fried bread-crumbs. Serve with clear gravy in a sauce-boat.

Capon à la Casserole (*Larded Capon*).—1 large capon, 3 slices of fat bacon (minced), 3 hard-boiled eggs, $\frac{1}{2}$ terrine of paté-de-foie-gras, 2 oz. minced bacon, 1 yolk of egg, tarragon, parsley, white sauce.

Lard the breast of the capon. Chop the foie-gras and eggs, and make into a forcemeat with the minced bacon, a tea-spoonful of parsley, a pinch of tarragon, the yolk of egg, pepper and salt. Stuff the bird and stew it in a closely-covered sauce-pan. Serve with a rich white sauce, flavoured with oysters, mushrooms, or Parmesan cheese.

Capon Farci (*Stuffed Capon*).—1 large fowl, 2 doz. oysters, 2 eggs, $\frac{1}{2}$ pint cream (or milk), 2 oz. bread-crumbs, 2 oz. butter, 1 dessert-spoonful parsley, $\frac{1}{2}$ lemon.

Grate the rind of the lemon, chop the parsley, and make them into a forcemeat with the bread-crumbs, butter, and $1\frac{1}{2}$ doz. oysters, pepper and salt. Stuff the fowl and boil it for two hours in a jar of water placed in a sauce-pan of boiling water. Beat the yolks of the eggs into the cream,

add the remaining oysters, and warm without boiling. Pour over the fowl, and serve.

Dinde en Chipolata (*Roast Turkey Garnished*).—A small turkey, 1 cupful each of carrots, turnips, chestnuts, mushrooms, and pieces of bacon, 8 small sausages, 1 pint good brown sauce.

Roast the turkey. Cut the vegetables into neat dice, or shape them with a vegetable cutter into small balls a little larger than peas, and boil them, with the bacon cut into small dice, until they are tender. Boil and skin the chestnuts. Place the turkey on a hot dish and dress alternately little heaps of the vegetables and chestnuts, with a sausage laid between each, round the dish. Pour the sauce round and serve.

Faisans Farcis (*Roast Pheasant Stuffed*).—A brace of pheasants, 1 oz. butter, 1 dessert-spoonful thick cream, 1 large terrine of *paté-de-foie-gras*.

Dip a cloth in boiling water, wring it dry and wipe the insides of the pheasants perfectly clean. Pound the livers in a mortar with the butter, a liberal dust of spiced pepper, and a little salt. When the mixture is of the consistency of paste add the cream and the *paté-de-foie-gras*, taking care that it is entirely free from the covering of fat. Mix thoroughly well together and stuff the birds. Roast them in the usual manner, and when they are done, dish them on large *croûtons* of bread. Serve with clear gravy handed separately.

Gibier a l'Allemagne (*Roast Grouse*).—A brace of grouse, 4 slices of fat bacon, 2 slices of lightly-buttered toast, butter.

Cover the breasts of the birds with the bacon, wrap them in thin buttered paper, and roast them in front of a brisk fire for thirty minutes, but after the first twenty minutes remove the paper and bacon. Baste well with butter the whole of the time. Just before the last ten minutes 'of roasting, pour away the grease from the pan, and place in it the slices of toast, so that the drippings may fall upon them. Serve the birds on the toast upon a hot dish. Pheasants, partridges, and other birds which are not too full flavoured, can be cooked in the same way.

Hussar Pie.—A cooked fowl, 2 or 3 oz. Naples macaroni, 2 oz. Parmesan cheese, short pastry, cream (or milk).

Break the macaroni into small lengths, and boil it in salted water till it is cooked. Grease a pie-dish, put into it some of the macaroni and then thin slices of the cooked fowl, over which scatter grated Parmesan cheese, mixed with cayenne and salt. Continue these layers till the dish is full. Pour in sufficient cream to moisten the whole, cover with short paste, and bake for an hour and a half.

Indian Ducklings.—A couple of ducklings, 1 lb. rump steak, 1 onion, 2 cloves of garlic, 3 oz. salt butter, 1 table-spoonful curry-powder, 12 cloves.

Stuff the ducklings with a mixture made as follows:—Mince the steak. Cut up the onions and garlic very small, and fry them a nice brown in the butter. Add the curry-powder and cloves bruised small in a mortar, fry for a minute, and then add the meat. Fry with this mixture for fifteen minutes, taking care it does not burn. After filling the birds with it put

them into the oven, sprinkle them lightly with curry-powder, and baste them well. They will require three-quarters of an hour to cook. Dish neatly, strain the gravy round them, and put slices of lemon along the breast of each. Garnish with water-cress.

Lapin à l'Allemande (*Braised Rabbit*).—A rabbit, 2 oz. butter, 2 moderate-sized carrots sliced, 2 small turnips, 2 onions, 3 blades of celery (or a pinch of celery seed), 2 large tomatoes, 1 bunch of herbs, (a few mushrooms if possible), 1 small wine-glassful tarragon (or plain) vinegar,

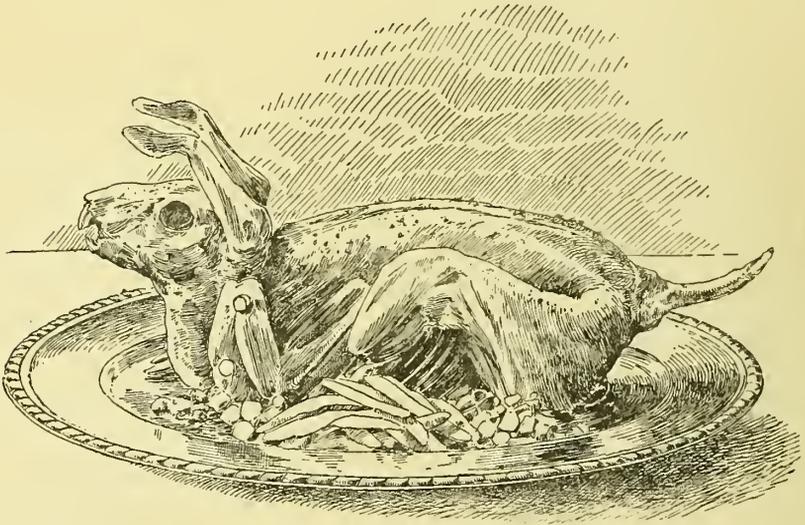


Fig. 266.—Lapin à l'Allemande.

1 pint brown sauce (or stock thickened with a brown roux), 1 tablespoonful chopped parsley, vegetables.

Skin the rabbit, leaving on the ears and tail, and truss it for roasting. Line a stew-pan with the butter, carrots, onions, turnips, celery, tomatoes, herbs, (mushrooms if possible), and some peppercorns. Lay the rabbit on top, with a buttered paper over it, put on the lid of the pan, and fry for twenty minutes. Then sprinkle it with a small wine-glassful of tarragon vinegar and the brown sauce, and let it simmer for half an hour, still keeping the buttered paper over it. Lift out the rabbit and keep it near the fire. Strain the liquor from the vegetables, and pound the latter smoothly till they can be tammied or rubbed through a hair sieve with the sauce. Heat it in the bain-marie, and, when it is thoroughly hot, dish the rabbit, pour the sauce over it, and garnish with French beans fonds d'artichauts, or any other nice vegetables either freshly boiled or tinned. Sprinkle the rabbit with chopped parsley or chervil, and serve (fig. 266).

Roast Partridges.—A brace of partridges, 2 slices of fat bacon, water-cress, oil, vinegar, pepper, fried bread-crumbs, gravy, bread sauce.

Pluck and truss the birds, barding each over the breast with the slices of fat bacon, and roast for twelve or fifteen minutes, being very careful to



GAME BIRDS

- 1, Black Game; 2, Pheasant; 3, Wild Duck; 4, Woodcock; 5, Quail; 6, Ortolan; 7, Grouse; 8, Ptarmigan; 9, Snipe; 10, Common Plover; 11, Partridge.

keep the birds well basted during the cooking. If this is omitted and the birds are allowed to dry, no subsequent trouble can remedy the neglect. Serve garnished with water-cress, well washed, picked, and seasoned with oil, vinegar, pepper and salt. Serve fried bread-crumbs on a plate, with gravy and bread sauce in tureens, but never put any gravy or sauce on the dish with the birds.

VEGETABLES.

Artichauts à l'Impératrice (*Stuffed Artichokes*).—6 or 8 artichoke bottoms, 1 bunch sweet herbs, peppercorns, 1 oz. beef suet, 4 oz. cooked white meat (or game), 2 eggs, 1 small onion, parsley, 2 slices cooked ham (or tongue), 1 mushroom (or truffle), lemon, milk, flour, frying fat.

Trim and wash the artichokes; place them in a stew-pan with sufficient water to cover them, and add the sliced onion, herbs, 3 slices of lemon, the suet chopped, salt, herbs, a few peppercorns. Cook the artichokes till they are tender, drain and put them on a sieve to cool. Mince the meat finely with the mushroom or truffle, and put it, with a tea-spoonful of flour and enough milk to moisten the mixture, pepper and salt, in a stew-pan, and stir it over the fire till thoroughly hot. Add to it the yolks of the eggs, and continue stirring till it thickens, but do not allow it to boil. Fill the artichoke bottoms with the mixture, shape them neatly, and when they are quite cold, egg-and-breadcrumb them twice, and fry them a golden-brown in hot fat. Dress them on a dish garnished with fried parsley.

Asparagus à la Campagne (*Stewed Asparagus*).—12 asparagus heads, 12 button mushrooms, 4 oz. butter, 1 oz. flour, 1 tea-cupful cream (or 2 tea-cupfuls rich milk), 1 tea-spoonful Liebig's extract, 1 dessert-spoonful Worcester sauce, toast.

Melt the butter in a stew-pan till it begins to colour; then mix in gently the cream, Liebig, four table-spoonfuls of boiling water, and the Worcester sauce. Add the mushrooms and the asparagus heads; cover closely and let them simmer very gently for about half an hour. Serve very hot, garnished with sippets of thin dry toast.

Scrambled Eggs with Asparagus.—5 eggs, 2 oz. butter, $\frac{1}{2}$ pint asparagus heads, 1 table-spoonful cream, 2 oz. butter.

Boil the asparagus heads in salted water till they are tender. Drain and put them in a stew-pan with half the butter, and sauté them over the fire for five minutes. Break the eggs in a basin, season with a little salt, pepper, and a grate of nutmeg, and beat them well together with the cream. Warm them in a separate stew-pan, with the remaining ounce of butter, and after stirring a little while over the fire, add the asparagus and stir again till the eggs begin to thicken. Dish up at once, and serve garnished with parsley. Cooked peas or sliced cucumber can be used instead of asparagus.

Vol au Vent of Asparagus.—15 asparagus heads, $\frac{1}{4}$ pint cream, $\frac{1}{2}$ table-spoonful chopped ham, 6 small light pastry vol au vent cases, 1 yolk of egg.

Boil the asparagus very carefully in salted water; drain and cut the tender part into small pieces. Make a custard with the cream and the yolk of the egg. Add the asparagus, sprinkle with salt and pepper, and stir the mixture in a sauce-pan over the fire till it is thoroughly hot, but without allowing it to boil. Keep the cases hot in the oven and fill them with the cream mixture. Garnish with parsley and serve at once.

French Beans Seasoned.— $1\frac{1}{2}$ lb. beans, 1 small onion, 2 oz. butter, 1 lemon.

Boil the beans till they are tender, and drain them. Slice the onion, and fry it brown in the butter. Add the beans, season with pepper and salt, and squeeze over the lemon-juice. Warm the whole through.

Betterave à la Petite Maison (*Beet-root Custard*).—2 beet-roots, 2 large onions, 2 oz. butter, 2 table-spoonfuls vinegar, $\frac{1}{2}$ pint milk, $\frac{1}{2}$ lb. potatoes, sugar, flour.

Boil the beet-roots and cut them into thin slices. Slice the onions and fry them white in the butter. Stir a table-spoonful of flour into the milk, and add two table-spoonfuls of sugar, with salt, pepper, and the vinegar.

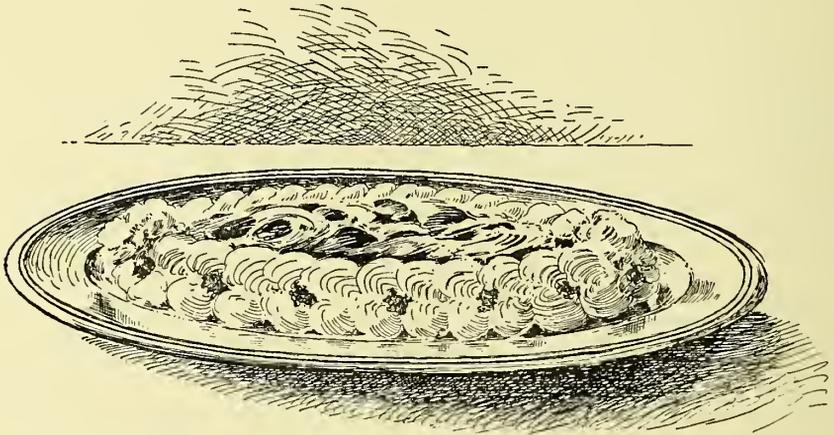


Fig. 267.—Betterave à la Petite Maison.

Boil for five minutes, stirring all the while. Add the slices of beet-root, and stew for half an hour. Serve with a border of mashed potatoes stuck round with little pieces of parsley (fig. 267).

Petites Crèmes de Betterave (*Beet-root Creams*).—1 or 2 cooked beet-roots, 1 gill milk, $1\frac{1}{2}$ oz. butter, 1 table-spoonful cream, 2 oz. flour, 2 eggs, 1 table-spoonful grated cheese, parsley.

Cut the beet-root into slices an inch thick, shape them equally with a cutter, and with a slightly smaller cutter stamp out the inside of each, leaving a case $\frac{1}{8}$ inch thick, which place on a round of fried bread. Melt the butter in a stew-pan and stir in the flour till it forms a smooth paste. Add the milk, and stir over the fire for five minutes after it boils. Take it from the fire, and when it has cooled slightly add the yolks of the eggs, cream, grated cheese, salt, and pepper. Chop a large table-spoonful of

the beet-root, stir it in, and add the whites of the eggs whisked to a stiff froth. Fill the cases, place them with croûtons of bread on a baking-sheet, and bake in a brisk oven for ten or twelve minutes. Dress them in a folded serviette and garnish with a few sprigs of parsley.

Bhugias (*Curried Vegetables*).—1 carrot, 1 turnip, 1 cupful peas, 1 small onion, 1 tea-spoonful curry paste, Nepaul pepper, a pinch of cayenne pepper, $1\frac{1}{2}$ table-spoonful fine flour, frying oil (or dripping), 2 eggs, 1 dessert-spoonful garlic, vinegar.

Cut the turnip and carrot into small dice, and mince the onion very fine. Beat the eggs in a basin, and stir the curry paste smoothly into them. Add the onion, cut vegetables, peas, a tea-spoonful of Nepaul pepper, cayenne, garlic, vinegar, flour, and salt. Mix this batter well till it is fairly thick. Have a sauté-pan filled with boiling fat. Drop the batter by spoonfuls into it, and fry it slowly a pale golden-brown.

Cabbage à la Crème (*Cabbage in White Sauce*).—1 Savoy cabbage, 2 table-spoonfuls milk (or cream), 1 oz. butter, flour, sugar, nutmeg.

Cook the white heart of the cabbage till it is tender, drain it thoroughly, and put it back into the sauce-pan with the milk, butter, a tea-spoonful of flour, a salt-spoonful of sugar, salt, pepper, and three grates of nutmeg. Set it to stew at the side of the fire till all the ingredients are thoroughly amalgamated. Serve hot.

Carottes à la Portugaise (*Carrots with Tomato Sauce*).—1 lb. young French carrots, 3 table-spoonfuls salad oil, 1 clove of garlic, $\frac{1}{2}$ pint brown vegetable sauce, 4 large tomatoes, savoury croûtons.

Scrape the carrots. Warm the oil in a stew-pan, notch and place the garlic in it with a little salt, and when it boils add the carrots. Fry them for about ten or fifteen minutes, shaking the pan gently every now and then to prevent their burning. Drain off the oil. Make a brown sauce (see "Sauces"), using water instead of stock, and add the pulp of the tomatoes. Strain it, and add it to the carrots. Draw the pan to the side of the fire, cover tightly, and let its contents simmer till they are quite cooked. Then dish. Allow the sauce to boil up sharply in order that it may be reduced to the proper consistency, pour it over and around the carrots, and serve with savoury croûtons fried in oil.

Carottes à la Campagne (*Stewed Carrots*).—Carrots, 1 table-spoonful chopped parsley, 1 oz. butter, 2 table-spoonfuls cream (or milk), flour, sugar.

Boil the carrots till they are nearly tender; drain, and cut them into slices, and put them in a stew-pan with the butter, cream, a sprinkle of flour, and a lump of sugar, salt and pepper. Set them to stew at the side of the fire till they are quite tender. Sprinkle in the parsley ten minutes before serving, and dress high in a hot dish.

Beignets de Céleri (*Fried Celery*).—4 heads of celery, grated Parmesan cheese (or Gruyère or Cheshire), batter, frying fat.

Cut the sticks of celery into lengths of about an inch and a half, and let them simmer gently in salted water till they are tender. Take them out and drain till they are quite dry. Dip each piece into some light frying

batter, and fry a light-brown in fat which completely covers them. Take them out quickly, drain carefully, powder thickly with grated cheese, and serve piled high on a doyley or dessert-paper.

Céleri à la Milanaise (*Fried Celery and Parmesan Cheese*).—6 good heads of celery, 1 pint well-flavoured stock, $\frac{1}{2}$ pint milk, 2 oz. butter, 1 table-spoonful flour, $\frac{1}{2}$ blade of mace, 1 egg, bread-crumbs, 2 oz. Parmesan cheese, parsley, lard.

Wash the celery very thoroughly, trim it neatly, and cut all the heads of the same length. Boil them in water for ten or twelve minutes, drain and wipe them thoroughly, and braise them in the stock till they are tender. When they are sufficiently cooked, remove them from the sauce-pan and drain them on a hair sieve. Place them on a plate and split each head into two pieces. Make a white sauce with 1 oz. butter, the flour, mace, and milk, and let it reduce till it is very thick. Season with salt and pepper. Mask the celery with this sauce and set it aside till it is quite cold. Then egg-and-breadcrumb it in the usual manner, finally pouring over each half a little clarified butter. Fry in boiling lard, drain carefully, dust thickly with the Parmesan cheese, and dish up on a neatly folded napkin. Garnish with parsley, and serve immediately.

Cornettes aux Legumes (*Vegetable Cornets*).—12 large mushrooms, 6 eggs, 1 gill tomato sauce, pastry.

Mince the mushrooms finely, and cook them in good, rich tomato sauce till they are tender and the sauce is pretty thick. Add 4 whites and 6 yolks of eggs (or more in proportion), and stir the mixture carefully over the fire till set. Do not over-cook it or the eggs will curdle. Roll out thinly some good puff or short pastry, and cut it into rounds or strips. Wrap them round some cornet moulds, binding them with white of egg, and bake. Slip them off the moulds, and fill them at once with the purée.

Kari Ste. Claire (*Vegetable Curry*).—3 potatoes, 1 small vegetable marrow, 1 carrot, 1 turnip, $\frac{1}{2}$ pint peas, $\frac{1}{2}$ pint French beans, 1 pint stock, 2 table-spoonfuls curry-powder, 1 table-spoonful flour, $1\frac{1}{2}$ table-spoonful vinegar, $\frac{1}{2}$ tea-spoonful sugar, rice.

Prepare the vegetables and cut them into dice. Melt the butter and stir them into it, but do not let them brown. Mix the flour and curry-powder in the stock, and stir the mixture over the fire till it thickens. Add the vegetables, with sugar, vinegar, and salt, and let them simmer in the gravy till tender. Serve with a wall of boiled rice.

Mushrooms en Papillotte (*Mushrooms in Cases*).—1 lb. mushrooms, 1 oz. butter, $\frac{1}{2}$ tea-spoonful chopped onion, 1 tea-spoonful chopped parsley.

Cut the mushrooms in pieces and mix with salt. Place them in little squares of folded paper, turn over the edges, and fold them double. Broil over a slow fire, and serve in the paper squares.

Peas à l'Indienne (*Devilled Peas*).— $1\frac{1}{2}$ pint peas, 1 table-spoonful cream, 4 chillies, Nepaul pepper, $\frac{1}{2}$ banana.

Boil the peas till they are tender. Skin and chop the banana and mix it into the cream, with a pinch of sugar and a very little salt and pepper.



VEGETABLES

1, Asparagus; 2, Broad Beans; 3, French Beans; 4, Broccoli; 5, Vegetable Marrow; 6, Tomatoes; 7, Jerusalem Artichokes; 8, Parsnip; 9, Artichokes; 10, Celery; 11, Leeks; 12, Savoy; 13, Cucumber

Chop the chillies and toss them with the peas. Place them on a hot dish, and stir in the cream. Sprinkle liberally with Nepal pepper.

Curried Potatoes.—1 lb. potatoes, 2 large onions, 1 small apple, 1 small carrot, 1 oz. bacon, 1 table-spoonful curry-powder, 2 oz. butter, lemon-juice, rice, 1 dessert-spoonful flour, $\frac{3}{4}$ pint milk.

Cut the potatoes into pieces about $\frac{1}{2}$ inch thick. Chop finely the onions, carrot, bacon, and apple. Melt the butter in a stew-pan, and fry all these ingredients till they are tender. Add by degrees the curry-powder and the flour, and after stirring well together for five minutes, the milk (gradually), some salt, sugar, and lastly a tea-spoonful of lemon-juice. Stir the mixture till it is smooth and thick, add the potatoes, and let them simmer very gently for a good hour. Take them out and dress them on a dish. Strain the gravy and pour it over.

Wash the rice thoroughly in several waters, throw it into boiling salted water, and boil it gently till it is tender. Drain it well and shake till it is dry. Serve separately on a hot dish.

Pommes à la Crème (*Potatoes in Cream*).—1 lb. potatoes, 2 oz. butter, 1 gill cream, 1 table-spoonful chopped parsley.

Boil and slice the potatoes. Stir the butter and flour together over the fire till they form a paste. Add the parsley, cream, pepper, salt, and finally the potatoes. Warm the mixture without boiling.

Pommes à la Julienne (*Potato Chips*).—Potatoes, frying fat.

Peel some potatoes, slice and cut them into thin shreds. Have ready plenty of boiling fat. Put a small quantity of the potatoes in a frying-basket, and fry them, a few at a time, till they are crisp. While cooking, they should be shaken in the basket to keep them separate. Dress them on a folded serviette, and serve at once.

Pommes d'Espagne (*Fried Potatoes*).—Potatoes, 4 oz. fresh butter, 1 tea-spoonful chopped parsley.

Cut the potatoes into slices. Throw them into cold salted water and let them come to the boil. Take them out, drain and dry thoroughly on a cloth. Let the butter (all but a small piece) boil in a stew-pan, and then fry the potatoes in it a pale-brown. Let them drain a moment and dress them on a hot dish. Sprinkle with a little salt and the parsley, and add the small piece of fresh butter.

Pommes Hollandaises (*Potato-and-ham Shape*).—2 lbs. new potatoes, $\frac{1}{2}$ lb. ham, tomatoes, tomato sauce, 2 oz. butter.

Boil the potatoes, drain and let them cool. After removing the skins, cut them into thin slices. Heat the butter and sauté them in it. Cut the ham into dice and broil over a quick fire. Butter a charlotte mould, line it with a couple of layers of potatoes, add a layer of the ham and one of the tomatoes sliced, and season with pepper and salt. Fill the mould in this way, finishing with a layer of potatoes. Bake in a fair oven for about half an hour, and turn the mould out on a hot dish. Serve with the tomato sauce.

Pommes Ste. Valérie (*Potato Balls*).—12 large floury potatoes, 2 oz. butter, 4 eggs, 1 dessert-spoonful chopped parsley, 1 table-spoonful cream, frying fat.

Bake or boil the potatoes, press them through a potato-masher, and mix them with the butter and eggs, a little salt and parsley. Shape with well-floured hands into little balls lightly, and toss them into plenty of hot fat in a frying-pan. Serve very hot. Sugar can be substituted for the salt, but the parsley must then be omitted. In this case flavour with a little lemon-peel (or vanilla), and mix with a few spoonfuls of cream. This makes a pretty sweet. If the dish is prepared as savoury, sprinkle with coralline pepper; if as a sweet, with vanilla or lemon sugar. In either case serve very hot.

Pommes Soufflés à la Suisse (*Fried Potatoes*).—8 good-sized mealy potatoes, $\frac{1}{2}$ pint milk, 1 dessert-spoonful chopped parsley, frying fat.

Pour the milk into a stone jar, cover it well, set it in a cool place, and leave it for two or three days. It should then be thick and slightly sour, with the cream on top. Stir it well and season with salt and pepper. Cut the potatoes into slices $\frac{1}{4}$ inch thick, put them into plenty of fat not quite at boiling point. Lift them out and let them cool a little. Let the fat boil. Plunge them in and move the basket about in the fat till they are cooked. The potatoes should be puffed and light. Put them in a very hot dish. Heat the thick milk, pour it over and sprinkle with the parsley.

Potatoes a la Virginie (*Potatoes in Cream Sauce*).—1 lb. potatoes, 1 cupful cream (or milk), 1 oz. butter, 1 table-spoonful chopped parsley, 1 dessert-spoonful flour.

Peel the potatoes, slice them thinly, and soak them in cold water for half an hour. Put them into a stew-pan, cover with hot salted water, and let them stew till they are tender. Drain away the water, add the cream, and boil for five minutes, stirring continually. Add the butter rolled to a ball, with the flour, a little salt, pepper, and the parsley. Let the mixture boil up, stirring gently. Dress the potatoes on a hot dish.

Rissoles de Pommes (*Potato Rissoles*).—Potatoes, 1 egg, 1 oz. butter, frying fat.

Mash some freshly-boiled potatoes with the white of the egg, butter, pepper, and salt till the mixture is quite light. When it is cold shape it on a flour-board into little balls. Roll them in bread-crumbs and the yolk of the egg well beaten, and fry in a large quantity of boiling fat till they are a good golden-brown. Serve immediately on a hot dish.

Sweet-potatoes.—2 lbs. sweet-potatoes, 1 oz. butter, $\frac{1}{2}$ pint milk, 1 egg, (cream if at hand), bread-crumbs.

Slice the potatoes and lay them in a dish with the butter cut small. Sprinkle with salt and pepper, and pour sufficient milk over to cover them—rather less than $\frac{1}{2}$ pint. Moisten a cupful of bread-crumbs in the rest of the milk; beat the egg, mix it with them, and pour the mixture over the potatoes. Bake them in a moderate oven till they are thoroughly cooked.

Spinach à la Crème (*Spinach with Cream*).—Spinach, 1 oz. butter, 2 oz. cream, nutmeg, sugar.

Pick the spinach carefully, wash it in half a dozen waters, and drain upon a sieve. Boil it in a little salted water, and cook till it is tender. Pass

it through a hair sieve, and put it into a sauce-pan with the butter, a little pepper, salt, and nutmeg, and a spoonful of sugar. Stir it carefully till it is quite hot, add the cream, and make it again very hot. Pile it up in the centre of a dish, garnished with fried croûtons.

Tomatoes à la Diable (*Deville'd Tomatoes*).—4 ripe firm tomatoes, $\frac{1}{2}$ small tea-spoonful chopped parsley, 1 table-spoonful salad oil, 1 egg, 1 lemon, flour, frying fat.

Cut each tomato across into three slices. Place them into a deep dish with the oil, part of the parsley, pepper, and salt, and the juice of the lemon, and let them steep for an hour. Prepare a batter by mixing the flour very smoothly in a little tepid water. Beat into it the oil, a pinch of salt, and the yolk of the egg well beaten. Let the batter stand from 1 to 12 hours. Whip the white of the egg to a stiff froth, and mix it lightly into the batter. Have ready plenty of boiling fat. Lay the slices of tomato in the batter, take them out with a skewer or fork, drop them into the boiling fat, and fry a pale-golden colour. Dress on a serviette, and sprinkle with the rest of the parsley and some cayenne.

Tomato Fritters.—6 tomatoes, $\frac{1}{2}$ tea-spoonful soda, frying fat, flour.

Scald and peel the tomatoes and chop them fine. Put them into a bowl with salt, pepper, $\frac{1}{2}$ tea-spoonful soda, and enough flour to make them into a rather thin batter. Fry them in boiling fat and serve at once.

Navettes au Gratin (*Turnip and Grated Cheese*).—12 young turnips, 1 large onion, 1 gill salad oil, 2 cloves of garlic, bread-crumbs, 1 large table-spoonful grated cheese.

Peel the turnips, and with a vegetable cutter shape them either into the form of small new kidney potatoes or of large olives. Boil them in a little salted water with the onion stuck with a clove, and a little salt and pepper. As soon as they are cooked, take them out, drain them well, and sauté them in the salad oil with a little salt, pepper, and the garlic finely minced. Arrange them neatly on a fire-proof dish, spread thickly with stale bread-crumbs and the grated cheese, and place them in a quick oven until they are of a light-brown colour all over. Serve as quickly as possible.

PUDDINGS.

Bombe à la Duchesse (*Jam Roll*).—3 oz. stale sponge-cake, 3 oz. macarons, 3 oz. plain biscuit (or biscuit powder), 3 oz. chocolate, 4 oz. castor sugar, $\frac{1}{2}$ oz. ground cinnamon, 1 oz. grated orange and lemon-peel mixed, raspberry jam, 3 eggs, milk, wine sauce.

Mix the dry ingredients together and stir the eggs into them. Add sufficient boiling milk to make the mixture to a paste that can be rolled on a board, and spread it with the jam. Roll it up and fold it in a large buttered paper, excluding the air as much as possible. Place it on a flat dish in the oven on a raised stand, and bake it for two hours. Remove the paper very carefully, and serve with a wine sauce.

Bread-and-butter Soufflé.—2 slices of bread-and-butter (each about $\frac{1}{2}$ inch thick and 6 inches square after the crust has been removed), 4 good-sized apples, juice of 1 lemon, $\frac{1}{2}$ pint milk, 6 table-spoonfuls castor sugar, 1 egg, and the whites of 2 eggs.

Peel, core, and quarter the apples. Stew them with four table-spoonfuls of the sugar, the lemon-juice, and four table-spoonfuls of water till they are tender, and then beat them to a pulp. Arrange one slice of the bread-and-butter at the bottom of a pie-dish, spread the pulp evenly over it, and cover it with the other slice. Separate the yolk from the white of the egg, and beat it up with the milk. Whisk the three whites to a firm froth with the remaining sugar, stir quickly into the milk, and pour over the contents of the dish. Place it at once in a good oven and bake for half an hour. Serve as soon as it is taken from the oven.

Brown Pudding.— $\frac{3}{4}$ lb. bread, $\frac{1}{2}$ lb. currants (or sultanas), $\frac{1}{2}$ lb. suet, $\frac{1}{4}$ lb. moist sugar, 2 eggs, 1 gill milk, 2 table-spoonfuls ale, sweet sauce (or sifted sugar).

Chop the suet and grate the bread. Mix both with the sugar, currants, and a pinch of salt, and add the eggs well beaten, the ale, and rather less than a gill of milk. Butter a basin or mould, pour in the mixture, cover it closely with buttered paper and a saucer, and let it steam in boiling water for nearly four hours. Serve with sifted sugar or sweet sauce.

Cassava Pudding.—2 fresh cassavas (or 3 oz. tapioca), 1 cocoa-nut, 1 lb. Demerara sugar, 3 oz. butter, 2 oz. fresh lard, $\frac{1}{2}$ lb. currants, 1 tea-spoonful black pepper, 1 pinch powdered spice, $\frac{1}{2}$ pint milk, (2 table-spoonfuls cooking sherry if desired), 1 table-spoonful flour, 1 oz. castor sugar.

Grate the cassavas, or pound the tapioca; in the latter case moisten with a little milk to a soft mass. Remove the cocoa-nut from the shell and skin, grate, and add it to the cassavas. Add the Demerara sugar, 2 oz. of butter, lard, currants, pepper, and spice, and mix well together. Put the mixture in a greased tin and bake in a moderately hot oven for three-quarters of an hour. Prepare a sauce with the remaining butter, the castor sugar, the milk, flour, and sherry. Turn the pudding on a silver dish, pour the sauce over, and serve. Whipped cream can be used instead of the sauce.

Cold Lemon Pudding.—2 lemons, 2 oranges, 2 oz. sugar, 4 sponge-cakes, 2 oz. almonds, custard (or cream).

Squeeze out the juice of the lemons and the oranges, and add to it half a pint of cold water, sweetened with the sugar. Soak the sponge-cakes in the liquor. When they are moist all through stick them with blanched almonds and cut them in quarters. Cover with thick custard or whipped cream.

Eve's Pudding.—1 small bowl of bread-crumbs, 1 lemon, 1 cupful of chopped apples, 3 eggs, 1 small tea-spoonful cinnamon, 1 tea-spoonful soda, $\frac{1}{2}$ grated nutmeg, $\frac{1}{2}$ cupful butter, 1 cupful sugar.

Chop the peel of half the lemon and mix the juice, bread-crumbs, apples, beaten eggs, and cinnamon well together with half a tea-cupful of water. Mix the soda in a little water and add it last of all. Place the mixture in a buttered mould covered with paper, and steam it in boiling water for three

or four hours. Make a stiff sauce by rubbing the butter, sugar, and nutmeg to a cream.

Moule de Versailles (*Strawberry Shape*).— $\frac{1}{4}$ lb. beef suet, $\frac{1}{2}$ lb. bread-crumbs, 2 oz. grated cocoa-nut, 6 oz. strawberry (or any other) jam, 2 eggs, 3 table-spoonfuls milk, $\frac{1}{4}$ lb. sugar.

Shred the suet very finely, and mix with it the bread-crumbs, cocoa-nut, jam, and sugar. Beat the eggs with the milk, or with the milk of the cocoa-nut, pour this liquor over the mixture, and let it stand for an hour. Butter a mould thickly. Beat the pudding till the ingredients are thoroughly mixed, and put it into the mould. Tie it in a cloth, plunge it into boiling water, and boil it quickly for from $3\frac{1}{2}$ to 4 hours. Turn it out, sift powdered sugar over it, and serve.

Moule Madrilena (*Apricot Shape*).— $\frac{1}{2}$ oz. leaf gelatine, 1 gill milk, 3 eggs, 1 white of egg, 2 oz. castor sugar, $\frac{1}{2}$ bottle lemon jelly, $\frac{1}{2}$ tin apricots, lemon, carmine colouring.

Stir the gelatine into the new milk over a slow fire till it is dissolved, being careful that it does not boil, and add to it the yolks of the eggs well

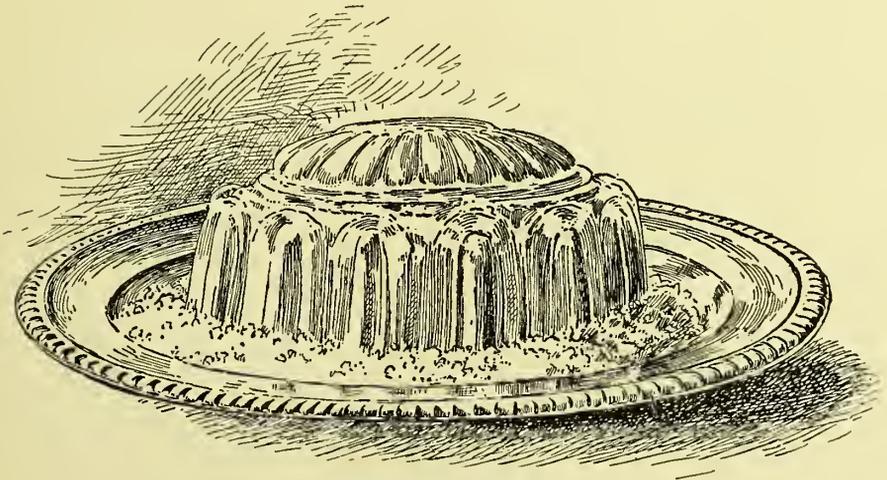


Fig. 268.—Moule Madrilena.

beaten, and, as it thickens, the castor sugar gradually. Remove the mixture from the fire and stir into it a gill of apricot purée (the fruit pulped through a sieve), a little lemon-juice, and a few drops of carmine colouring. Whip the whites to a stiff froth, and mix them quickly and lightly with the apricot preparation as it cools. Line a mould with lemon jelly, fill up with custard, put it aside till it sets, and turn it out. Serve with chopped lemon jelly (fig. 268).

Pouding à la Maréchal (*Custard Pudding*).— $\frac{1}{4}$ lb. lump-sugar, $1\frac{1}{4}$ pint milk, 2 whites of eggs, 6 yolks of eggs.

Put eight lumps of sugar into a sauce-pan with a little water, and warm it until it becomes a dark-brown caramel; then add enough water to make a liquor like strong coffee, and allow it to get cold. Beat up the yolks of eggs

with a little milk, strain, and add a pint of milk and the remainder of the sugar. Mix in the brown caramel, add the whites of the eggs whipped to a stiff froth, and pour it into a well-buttered mould. Put the mould in a bain-marie with hot water, and steam it over a gentle fire for half an hour, taking care that the water does not boil. Turn it out and serve.

Pouding à la Nesselrode (*Sponge-cake Pudding*).—6 sponge-cakes, 2 oz. ratafias, 2 oz. sultanas, 1 wine-glass sherry (or rum), 2 oz. sweet almonds, 2 eggs, $\frac{1}{2}$ pint milk, 3 oz. sugar.

Make a custard of the eggs, milk, and sugar, and let it get cold. Break the cakes and ratafias. Stick a buttered mould with the sultanas, place the broken cakes in it, and pour the wine over them. Pound the almonds, sprinkle them over, and fill up with part of the custard. Plunge the mould into boiling water, and steam for an hour. Serve with the remaining custard warmed.

Pouding Breton (*Bread-and-butter Pudding*).— $1\frac{1}{4}$ pint new milk, 1 dessert-spoonful powdered sugar, sultanas, grated lemon-peel, 2 eggs, 1 oz. butter.

Heat one pint of milk without letting it boil. Cut some slices of bread-and-butter, fill a dish with them, strewing a few sultanas between, and pour the milk over. Cover and let it cool. Beat the eggs with the sugar and the rest of the milk, and stir it into the slices of bread. Bake in a cool oven for about two hours.

Pouding de Noël (*Plum-pudding*).— $\frac{1}{2}$ lb. suet, $\frac{1}{2}$ lb. currants, $\frac{3}{4}$ lb. raisins, 4 table-spoonfuls bread-crumbs, 3 table-spoonfuls flour, 5 oz. moist sugar, 3 eggs, 3 oz. finely-shred candied citron, $\frac{1}{2}$ nutmeg grated, 1 table-spoonful brandy, and as little milk as will mix it nicely.

Mix the dry ingredients well together. Add the beaten eggs, brandy, and milk, heat for two minutes, and put into covered pudding tins. Boil steadily for eight hours, and serve with a good sauce.

Pouding de Bananes (*Banana Pudding*).— $\frac{1}{2}$ lb. bananas, 6 oz. fine bread-crumbs, 4 oz. castor sugar, 4 oz. finely-chopped beef suet, 2 eggs, $\frac{1}{2}$ pint milk, sweet sauce (or cream).

Cut the dried bananas into small pieces, mix them with the bread-crumbs, suet, eggs, sugar, and milk, and beat with a wooden spoon for ten minutes. Boil in a mould or basin for four hours, and serve with the sweet sauce, or with cream whipped to a stiff froth.

Priscilla Pudding.—6 apples cored and peeled, 2 oz. sugar, lemon-peel, 2 eggs, bread-crumbs, cream (or white pudding sauce).

Stew the apples with a piece of lemon-peel, a little water and sugar, till reduced to a pulp. Mix with it a piece of butter, and let it stand till cold. Beat the eggs and mix them with the apple pulp and an equal quantity of grated bread. Sprinkle a buttered mould very thickly with bread-crumbs, fill with the apple mixture, and add a layer of crumbs. Bake in a slow oven and turn out carefully. Serve with cream sauce or white sauce.

Summer Pudding.—Slices of crumb of bread (no crust), stewed fruit, sugar, $\frac{1}{2}$ pint custard (or cream).

Butter a plain charlotte mould, line it with neat slices of bread, and fill it up with any kind of stewed fruit, such as currants, raspberries, plums, plums and apples, or apples and blackberries. Lay a piece of crumb of bread on the top, cutting it to fit exactly, and leave the mould in a cool place till the next day. Then turn it out, and serve with custard or cream poured over it. Choose juicy, well-coloured fruit.

SWEETS.

Almond Tartlets.— $\frac{1}{2}$ lb flour, $4\frac{1}{2}$ ozs. butter, 1 egg, 2 yolks of eggs, $\frac{1}{4}$ lb. ground almonds, $4\frac{1}{2}$ ozs. sugar, $\frac{3}{4}$ oz. corn-flour, 2 table-spoonfuls jam.

Prepare a short crust with the flour, $\frac{1}{4}$ lb. of butter, 1 yolk of egg, and a tea-spoonful of castor sugar, using a few drops of water or milk with the yolk of one egg to mix the paste. Roll it out about $\frac{1}{4}$ inch thick. Line about eight tartlet tins with the paste, which should be pricked with a fork to prevent blistering in baking. Mix the corn-flour with the egg and the remaining yolk, add the remaining sugar, and work it in with the ground almonds, nutmeg, and remaining butter. Spread each mould of pastry with about $\frac{1}{2}$ tea-spoonful of strawberry or raspberry jam. Fill them with the mixture and bake a golden-brown in a moderate oven.

Ben Jean (*Curds and Whey*).—1 quart of milk, rennet.

Heat the milk to the same temperature as when drawn from the cow (98° F.), and put it into the dish in which it is to be served. Stir in about a dessert-spoonful of prepared rennet. The dish must not be moved until it is placed on the table, and then very carefully, otherwise the curd will break. A table-spoonful of brandy can be added, and a little sugar and nutmeg powdered over the top, but not until a few minutes before it is served.

Berlin Cream.—2 lbs. chestnuts, cream, powdered chocolate.

Boil and roast the chestnuts and remove all the skin and pith. Grate a pound of them very finely and beat them up with sufficient cream to make the mixture stiff and rocky. Sprinkle plentifully with powdered chocolate.

Beurré de Fée (*Macaroons and Cream*).— $\frac{1}{4}$ lb. butter, $\frac{1}{4}$ lb. castor sugar, 2 ozs. chopped almonds, 4 yolks of eggs hard boiled, 1 table-spoonful each of brandy and white wine, macaroons, dried cherries.

Soak the macaroons in half of the wine and brandy. Beat all the dry ingredients separately till they are quite smooth, mix them with the remainder of the brandy and wine, beat to a cream. Pile it on the macaroons and decorate with the dried cherries.

Cocoa-nut Pie.—3 eggs, 5 table-spoonfuls sugar, 1 tea-cupful grated cocoa-nut, $\frac{1}{2}$ lb. puff paste, 2 tea-cupfuls milk, flour.

Beat thoroughly together the yolks of the eggs, 2 table-spoonfuls of sugar, and 1 table-spoonful of flour, add the milk and half the grated cocoa-

nut, and pour into a flat, square tin lined with pie-crust. Bake in a moderate oven. Beat the whites of the eggs to a stiff froth, add rest of sugar and of cocoa-nut. When the pie is done, spread this over it. Return to oven till of a delicate-brown. Turn it out of tin and serve cold.

Cornettes d'Andalousie (*Cream Cornets*).— $\frac{1}{4}$ lb. rich puff-paste, $\frac{1}{2}$ pint cream, white of 1 egg, sugar, vanilla.

Cut the paste into strips about 1 inch wide and wind them round cornet moulds, moistening the parts that overlap with white of egg to make them adhere. Bake them in a quick oven. Slip them off the moulds and fill with stiffly-whipped cream, sweetened, and flavoured with vanilla.

Cornettes Boulevards à la Crème (*Cream Jumbles*).—6 triangular jumbles, $\frac{1}{2}$ pint cream, 1 small packet of red jelly.

Prepare the jelly as directed on the packet, and leave it to set. Whip the cream stiffly. Fill each jumble half with jelly and then half with cream.

Crème d'Abricots (*Apricot Cream*).—1 tin of preserved apricots, 2 ozs. sugar, 7 sheets of French gelatine, 1 pint cream.

Turn the contents of the tin of apricots into a sauce-pan, add 2 ozs. of sugar, let them boil for $\frac{1}{4}$ hour, and pass them through a tammy. Dissolve the gelatine in a little milk. Whip the cream to a froth. Mix the dissolved gelatine with the apricot pulp, work it quickly into the cream, pour the mixture into a mould, and put in a cold place to set. When it is wanted, dip the mould into hot water for a moment, and turn it out.

Crème de Melon (*Melon Cream*).—1 moderate-sized melon, $\frac{1}{2}$ lb. castor sugar, $\frac{3}{4}$ oz. leaf gelatine, $\frac{1}{2}$ pint whipped cream, crystallized fruit.

Slice the melon, removing rind and seeds. Reduce it and the castor sugar to a marmalade, and rub it through a sieve. Add the gelatine and stir till it is dissolved. Remove it from the fire, and when cool mix the cream in lightly and let it set. Garnish with crystallized fruit.

Crème de Bananes (*Banana Cream*).—8 bananas, 3 table-spoonfuls castor sugar, vanilla (or other essence), 2 yolks of eggs, $\frac{1}{2}$ pint cream, $\frac{1}{2}$ pint milk.

Pare the bananas and cut them into half-inch circles, place them in a glass dish, and strew 1 table-spoonful of sugar over them. Make a thick custard with the milk and yolks of eggs, sweeten it with the rest of sugar, and flavour with the essence. When it is barely warm, pour it over the bananas. Whip the cream to a stiff froth, and pile in irregular heaps over the custard.

Crème Renversée (*Chestnut Shape*).—10 lumps of sugar, yolks of 8 eggs, 2 whites of eggs, $\frac{1}{2}$ lb. chestnuts, $\frac{1}{2}$ pint cream, 1 pint milk.

Boil the sugar with $\frac{1}{4}$ pint of water until the syrup becomes a deep-brown colour. Warm a small basin, pour the syrup into it, and keep turning the basin until the inside is completely coated. Mix the yolks of the eggs gradually with the milk; whip the whites and stir them in gently. Pour the mixture into the coated basin, lay a piece of paper on the top, and set it in a sauce-pan partly filled with cold water. Put on the cover, and boil gently by the side of the fire for 1 hour. Remove the sauce-pan, and when the water is quite cold take out the mould and turn out the pudding carefully. Serve with chestnut sauce. See "Sauces".

Croquettes de Riz à la Vanille (*Croquettes of Rice with Vanilla*).—3 ozs. butter, 3 ozs. rice, $1\frac{1}{2}$ pint milk, 3 ozs. powdered sugar, 5 yolks of eggs, bread-crumbs, raspberry jam (or cream).

Wash the rice thoroughly and boil it in the milk till it is tender. Mix in well the butter and sugar and the beaten yolks of 4 eggs, and set the mixture on the fire to thicken without allowing it to boil. Flavour with vanilla and let it get cold. Shape it into little balls of the form and size of turkeys' eggs. Roll them in egg, cover them with bread-crumbs, and fry them in plenty of boiling fat till they are a pale-brown. Split them on one side, open them a little, and fill the opening with jam or stiffly-whipped cream. Pile them in a dish and serve either hot or cold.

Dames d'Honneur (*Maid of Honour*).—1 pint curd, 4 eggs, 3 spoonfuls of cream (or a little butter), $\frac{1}{4}$ nutmeg, $\frac{1}{4}$ lb. currants, a little lemon-peel, $\frac{1}{4}$ lb. sugar, essence of lemon (or essence of ratafia, or brandy). For the curd—1 quart water, 2 eggs, 1 quart new milk, 2 spoonfuls of lemon-juice or good vinegar, or, better, a piece of rennet the size of half-a-crown.

Boil the water in a stew-pan. Beat the eggs with the milk, add them to the water with lemon-juice or rennet, and when the curd rises lay it on a sieve to drain. Beat 1 pint of curd with 4 eggs, the cream, nutmeg grated, currants, sugar, and flavouring. Mix well together, and bake in patty-pans lined with good puff-paste 15 to 20 minutes.

Eclairs de Crème (*Cream-cakes*).—2 ozs. sugar, 2 ozs. butter, 4 ozs. flour, 3 eggs, vanilla essence, 1 gill thick cream, milk, angelica (or cochineal).

Place $\frac{1}{4}$ pint of water in a stew-pan, with the sugar and butter. Bring it gently to the boil, and then mix in very gradually the flour, previously dried and sifted. Let it cook very slowly, stirring the whole time, for 10 minutes, or until the paste is of such firmness that it can be made into soft balls. Remove the stew-pan from the fire and add one by one the three eggs (keeping back a little), mixing each very thoroughly before adding the next. Add a few drops of vanilla essence. Place the balls in a moderate oven, first brushing them over with a little beaten egg and milk, and bake them a very light fawn colour. The éclairs should rise rapidly, and when cooked should be quite hollow inside. Make a small hole in the centre of each and fill it with sweetened cream poured in through a funnel. Decorate them with powdered cochineal or little strips of angelica.

Gâteau des Fruits (*Fruit-cakes*).—1 lb. strawberries (or other fruit), $\frac{1}{2}$ lb. sugar, 4 sponge-cakes, 1 egg, $\frac{1}{2}$ pint milk, lemon, wine (or rum).

Stew the strawberries with the sugar till they are quite soft. (When other fruit is used, remove the skins, and if there are any stones, crack a few and add the kernels to the fruit.) Have ready a plain mould and three-quarters fill it with alternate layers of fruit and slices of sponge-cake. Pour any remaining juice of the fruit on the top, sprinkle well with sherry or rum, cover with a plate, and leave it to soak for half an hour. Then fill the mould with a custard made with the yolk of the egg and the milk, flavoured with the rind of half the lemon. Place it in a very moderate oven for 15 to 20 minutes. Garnish the top with the white of the egg

whisked to a firm froth. Set it in the oven to brown a little. Dress it with a frill and stand it on a dish. Serve either hot or cold.

Gelée d'Afrique (*Orange Jelly*).—1 lb. Tangerine oranges, 1 glass of red liqueur, $\frac{1}{2}$ lb. sugar, lemon juice, $\frac{3}{4}$ oz. gelatine, $\frac{1}{4}$ pint cream.

Peel the oranges, carefully removing all the white part, and stew with the sugar, 1 pint water, and 2 table-spoonfuls of lemon-juice, for about 8 minutes. Dissolve the gelatine and add the liqueur. Strain the purée, and pour into a mould with the gelatine. When set, dip the mould in warm water before turning out the shape. Garnish with whipped cream.

Petites Crèmes d'Ananas (*Pine-apple Creams*).—1 small tin of pine-apple, 1 oz. leaf gelatine, 3 eggs, $\frac{1}{2}$ pint milk, 1 oz. sugar, a 6d. sponge-cake.

Heat the pine-apple in its own syrup till it is soft enough to be rubbed through a sieve. Make a custard with the eggs, sugar, and milk. Strain it, and dissolve the gelatine in it, stirring till it is nearly cold. Mix it into the purée of pine-apple, and pour it into well-oiled little moulds, and put them in a cool place to set. Meanwhile cut rounds of sponge-cake and turn out a little of the pine-apple cream on each.

Salade des Fruits (Espagnole) (*Fruit Salad*).—12 oranges, $\frac{1}{2}$ cocoa-nut, $\frac{1}{4}$ bottle orange jelly, 1 liqueur-glass brandy (or liqueur), 1 pint strawberry syrup, castor sugar.

Peel the oranges and free them from pith, skin, and pips. Arrange them in a glass dish, grate the cocoa-nut over them, sprinkle with castor sugar, and decorate them with square blocks of the orange jelly. Pour over the whole the strawberry syrup and the brandy or liqueur.

Savarin au Rhum (*Rum Trifle*).—6 ozs. castor sugar, 3 eggs, 1 table-spoonful cream, 1 large dessert-spoonful baking-powder, $\frac{1}{4}$ lb. fresh butter, $\frac{1}{4}$ lb. flour, 1 liqueur-glassful of rum, chopped almonds, lemon-peel, milk, crystallized fruit.

Mix the baking-powder with the cream, and put it in a bowl with the yolks of the eggs, 2 ozs. castor sugar, the fresh butter, flour, and a tiny pinch of soda. Mix it into a smooth paste with some good new milk. Butter a savarin mould, dust it with some of the chopped almonds and finely-grated lemon-peel, and pour into it the cake mixture. It should be about three-quarters full. Put the mixture in a warm place to rise. When it is very light, bake it for 20 minutes in rather a quick oven. Make a syrup with the rest of the sugar and $\frac{1}{2}$ pint of water, boil till it is reduced to one-half, add the rum, and pour it over the cake. Sprinkle the latter with chopped almonds, and garnish with crystallized fruit.

Savarin d'Abricots (*Apricot Trifle*).—A 6d. sponge-cake, 1 tin apricots, 1 gill of cream, preserved cherries, angelica.

Cut out the centre of a wide sponge-cake about 2 or 3 inches high, leaving a wall about 1 inch thick. Peel the apricots and stew in their syrup, with a few lumps of sugar, till they are tender. Then pile them in the cake. Reduce the syrup till thick, and pour it over them. Whip the cream and pile over the fruit. Decorate cake with cherries and angelica.

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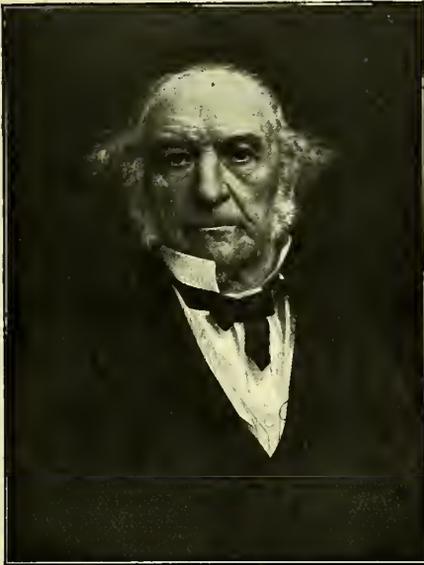
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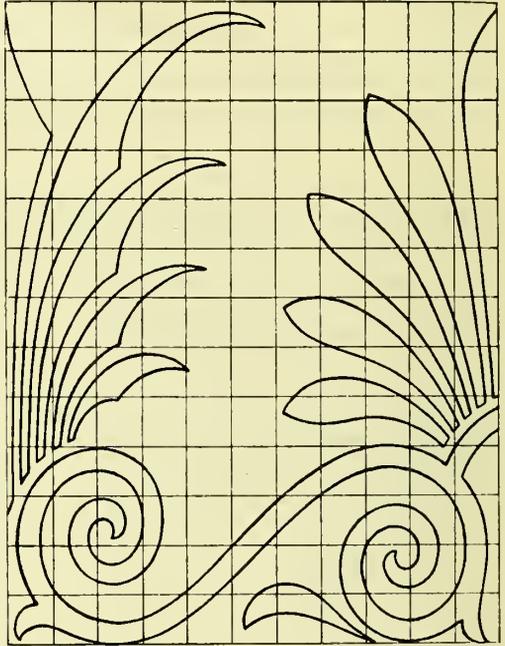
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